

Marinated Cucumber Salad

Serves: 6

Ingredients

1 medium cucumber, chopped (approx. 2 cups)
1 large sweet red pepper, chopped
½ cup grated carrots
¼ cup finely chopped scallions or red onion
2 tsp. fresh ginger, peeled and minced (optional)

1 clove finely chopped garlic
Freshly ground black pepper, to taste
½ cup water
1 ½ Tbsp. sugar
¼ cup white vinegar

In a medium or large bowl, combine all of the vegetables with ginger, garlic, and ground pepper.

In a separate bowl, dissolve the sugar and water. Add the vinegar and stir well. Pour the dressing over the vegetables and toss the salad thoroughly.

Cover and refrigerate the salad for at least 30 minutes before serving. It is best prepared a day ahead.

Per serving: 62 calories, 0 g fat (0 g saturated fat), 15 g carbohydrates, <1 g protein, 1 g dietary fiber, 18 mg sodium