

# Cucumber and Onion Salad

---

2 cucumbers  
1 onion  
 $\frac{1}{3}$  cup vinegar  
 $\frac{1}{3}$  cup water  
 $\frac{1}{2}$  teaspoon salt  
 $\frac{1}{4}$  teaspoon pepper  
 $\frac{1}{4}$  cup sugar

**Makes 8 portions,  $\frac{1}{2}$  cup each**

Per portion

Calories: 45  
Carbohydrate: 10 grams  
Protein: 1 gram  
Fat: 0  
Saturated fat: 0  
Cholesterol: 0  
Sodium: 149 milligrams  
Dietary fiber: 1 gram

- 
1. Wash and slice cucumbers and onion into paper thin slices.
  2. Layer cucumbers and onion in a bowl.
  3. Combine remaining ingredients in separate bowl and pour over vegetables.
  4. Refrigerate overnight, stirring several times.