

# Carrot and Cucumber Salad

Serving Size: 1 Cup | Servings per Recipe: 4 | Heart Healthy

10  
MIN

## INGREDIENTS

- 3 medium carrots, peeled and thinly sliced
- 1 cucumber, sliced
- 1 tbsp oil
- 1 tbsp lemon juice (or vinegar if lemon is unavailable)
- Salt and pepper to taste

## DIRECTIONS

- Peel and slice the carrots into thin rounds.
- Slice the cucumber into thin rounds.
- Put the carrots and cucumber in a large bowl.
- Drizzle olive oil and lemon juice over the vegetables. Toss to mix.
- Add salt and pepper to taste.
- Serve right away or chill in the fridge before serving.



Calories per serving: 50 | 3 g total fat | 5 g total carbohydrates | 50 mg sodium | 0.5 g protein

Image from Zestful Kitchen