

Cucumber Salad

What you need:

- 2 large cucumbers, peeled, seeded and chopped
- 1/3 cup scallions, minced, including some green tops
- 1/4 cup white vinegar or lemon juice
- 1/2 tsp. sugar



All you do:

1. Combine all ingredients in a serving bowl. Add freshly ground black pepper to taste.
2. Chill.

Per serving: calories 36, fat 0.3g, 7% calories from fat, cholesterol 0mg, protein 1.7g, carbohydrates 8.2g, fiber 2.0g, sugar 6.1g, sodium 6mg, diet points 0.8.