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Putting Food on The Table: Addressing food security among isolated older adults during COVID-19

2021

Cucumber Salad

Putting Food on The Table Project
Sheridan College

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https://source.sheridancollege.ca/centres_elder_food_recipes/2



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Cucumber Salad

Servings: 3 - 4

Prep time: 40 min

Cook time: 0 min

INGREDIENTS:

1-2 cucumbers

1/2 tsp salt

1/2 of a small sliced or minced red onion (optional)

1/2 cup white vinegar

1/4 cup water

1/8 white sugar (or less)

Sprinkle with fresh or dry dill, garlic or celery seed to taste (optional).



DIRECTIONS:

Thinly slice cucumber and place in a bowl with salt for approximately 30 minutes.

Drain excess liquid. Squeeze if necessary. If adding onion, toss with cucumber now.

Add vinegar, water, sugar, and any chosen herbs or spices. Mix well.

Refrigerate for 1 hour.

DID YOU KNOW?

Cucumbers are 95% water, as are lettuce, celery, zucchini and tomatoes.

It is best to drink 7-8 cups of water throughout the day (*unless restricted by kidney disease, liver disease or doctor says to restrict intake).

It is best not to drink too much water before, with or immediately following meals as it can slow the digestion process.

