



Cool and Crispy Cucumber Salad

Cool, crispy, and easy. Mix sliced cucumbers with sodium-free Italian dressing and fresh ground black pepper, chill, and enjoy!

Serves 4 (1 serving = ½ cup)



Ingredients

- 2 cups fresh cucumber (sliced into ¼-inch slices, peeling is optional)
- 2 tablespoons Italian or Caesar salad dressing
- Fresh ground black pepper to taste

Nutrition Per Serving

| | | | |
|---------------|--------|---------------|-------|
| Calories | 27 cal | Carbohydrates | 3 g |
| Total Fat | 2 g | Protein | 0 g |
| Saturated Fat | 0 g | Phosphorus | 14 mg |
| Trans Fat | 0 g | Potassium | 90 mg |
| Cholesterol | 0 mg | Dietary Fiber | 0 g |
| Sodium | 74 mg | Calcium | 12 mg |

Directions

1. In medium-size bowl with lid, combine cucumbers and salad dressing.
2. Cover with lid, shake to coat.
3. Sprinkle with ground black pepper. Refrigerate.
4. Best served cold.

Recipe provided by Fresenius Kidney Care.

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