

Fiesta Cucumber Salad

Serving size: 1 cup
6-8 servings

INGREDIENTS

- 24 ounces English cucumbers
- 12 ounces cherry tomatoes, halved
- 1 cup canned sweet corn
- 1 orange bell pepper, diced
- 1/3 cup diced red onions
- 1/4 cup crumbled low-fat Feta cheese
- 2 tablespoons minced cilantro
- 2 tablespoons minced mint
- 3 tablespoons extra virgin olive oil
- 2 tablespoons lime juice
- Zest of one lime
- 1 tablespoon red wine vinegar
- 1 tablespoon honey
- 1/2 teaspoon garlic powder
- 1/4 tsp EACH dried oregano, chipotle pepper, pepper, salt

ADAPTED FROM: CARLSBAD CRAVINGS.COM



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PROCEDURE

1. Cut cucumbers into slices
 2. Cut the cherry tomatoes in half
 3. Dice orange bell pepper and red onion
 4. Mince the cilantro and mint
 5. Add all the vegetables to a large mixing bowl and add in low-fat feta cheese
 6. Combine olive oil, lime zest, lime juice, red wine vinegar, honey, garlic powder, dried oregano, chipotle pepper, salt, and pepper to a medium mixing bowl
 7. Whisk to combine and pour over salad
 8. Stir to combine vinaigrette and vegetables
 9. Cover and refrigerate for 1-2 hours before serving
- Can be stored covered in the refrigerator for 1-3 days



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