

Cucumber Salad

Makes 2 servings

This traditional salad is refreshing and tasty. To make an even lower-fat version, you can reduce or remove peanuts and coconut.

1 cup (240 grams) finely chopped cucumber
1/4 cup (20 grams) grated coconut (optional)
1 tablespoon (10 grams) finely chopped roasted peanuts
juice of 1 lime, or to taste
1/2 teaspoon (1.75 grams) finely chopped green chilies (optional)
salt, to taste
2 tablespoons (2 grams) chopped fresh cilantro for garnish

In medium bowl, mix cucumber, coconut (if using), peanuts, lime juice, chilies (if using), and salt. Garnish with cilantro and sweeten if needed with agave nectar or dash of sugar.

Per serving (1/2 of recipe):	1.8 g protein	164 mg sodium
41 calories	4.3 g carbohydrate	17 mg calcium
2.5 g fat	1.8 g sugar	0.3 mg iron
0.4 g saturated fat	1.3 g fiber	7 mg vitamin C
50.6% calories from fat		73 mcg beta-carotene
0 mg cholesterol		0.4 mg vitamin E

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