



Cucumber, Onion and Dill Salad

INGREDIENTS

3 large cucumbers; partially unpeeled, very thinly sliced
1/2 medium onion; sliced thinly
1 TSP coarse kosher salt
1/3 cup distilled white vinegar
1/3 cup water
1/4 cup fresh dill; finely chopped
1 TBSP sugar
1/4 TSP freshly ground black pepper

DIRECTIONS

Place cucumbers and onions in a glass, metal, or plastic bowl that has a tight lid. In a separate bowl, combine salt, vinegar, water, sugar, and pepper. Stir until sugar is dissolved. Add liquid mixture to the container with cucumbers and onions. Cover tightly and shake to coat. Add dill. Refrigerate for at least an hour to let the flavors meld. Toss and/or shake again. Let marinate overnight for the best flavor. Serve cold. Makes 4 servings; 50 calories each.