

# Strawberry Cucumber Salad

This salad is a bright and tasty addition to your next spring or summer meal.

Makes: 6 servings  
Prep Time: 20 minutes

Source: FoodHero.org

## Ingredients

- 2 Tablespoons nonfat or low-fat plain yogurt
- 4 teaspoons apple cider vinegar
- 1 Tablespoon honey or brown sugar (see notes)
- ¼ teaspoon onion powder
- ¼ teaspoon prepared mustard
- ¼ teaspoon salt
- 1 Tablespoon lemon juice
- 1 ½ teaspoons oil
- ¾ teaspoon poppy seeds (optional)
- 2 cups sliced strawberries
- 2 ½ cups thinly sliced cucumber

## Directions

1. Wash hands with soap and water.
2. In a small bowl, combine yogurt, vinegar, honey, onion powder, mustard, salt, lemon juice, oil and poppy seeds, if desired. Mix well.
3. In a large bowl, add the strawberry and cucumber slices. Pour the dressing over and gently mix until evenly coated.
4. Refrigerate leftovers within 2 hours.



Small Changes,  
BIG Difference!



### Nutrition Information

Serving Size: 2/3 cup

Nutrients	Amount
Calories:	50
Total Fat:	1.5 g
Saturated Fat:	0 g
Cholesterol:	0 mg
Sodium:	55 mg
Total Carbohydrates:	10 g
Dietary Fiber:	1 g
Total Sugars:	7 g
Added Sugars:	3 g
Protein	1 g

### Utensils Needed

- Sharp knife
- Small bowl
- Cutting board
- Measuring Spoons
- Measuring cups
- Large bowl
- Mixing Spoon

# SHOPPING LIST

Average total cost without oil and seasonings: \$5.31

Average cost/serving: \$0.89

Recipe makes: 6 Servings

Note: The below list of ingredients is a suggestion. Similar ingredients may be purchased based on preference, diet restrictions, budget and location. Optional items can be added.

## Ingredients



Add 1 to Cart  
Low-Fat Plain Yogurt, 6 oz.



Add 1 to Cart  
Strawberries, 16 oz.



Add 2 to Cart  
Cucumber, medium

## SAVE TIME, SAVE MONEY

## My Cooking Notes

### Cooking Tips

- Honey is not recommended for children under 1 year old.
- Add additional fiber to this recipe by keeping the skin on your cucumbers.
- Consider purchasing strawberries and cucumbers at your local farmer's market. Local fruits and vegetables in season can last longer than those purchased at a grocery store.
- Be sure to choose plain yogurt to avoid added sugar. The natural sugar in the strawberries will offer the recipe enough sweetness.