

Cucumber Salsa

NUMBER OF SERVINGS: 6

Ingredients

Dressing

- Low sodium soy sauce 1 tsp (5 mL)
- Lime zest 1 tsp (5 mL)
- Fresh lime juice 2 Tbsp (30 mL)
- Canola oil 2 tsp (10 mL)
- Light brown sugar 1 ½ tsp (8 mL)
- Rice vinegar 2 tsp (10 mL)
- Red chili flakes ¼ tsp (1 mL)

Salsa Mix

- Ontario Greenhouse Mini Cucumbers, diced small 4
- Frozen Mango, diced small 1 ½ cup (360 mL)
- Cilantro, chopped 3 Tbsp (45 mL)

Directions

1. For the dressing, combine all the ingredients and stir until well combined.
2. Prepare the salsa mix ingredients and place in a medium bowl.
3. Pour the dressing over the salsa ingredients and toss well. Serve garnished with extra chili flakes, if desired.



The cucumber first came to North America in the early 1500s.



Cucumbers have a high water content which helps with hydration. Hydration is important at all ages, but with age, we may become less aware of when we're thirsty so it's important to have enough fluids.



Try as a dip with tortilla chips or toasted flatbread. It also makes a great topping or filling in a wrap with chicken, turkey, shrimp or tuna.

NUTRITION PER SERVING

Calories 55 | Protein 0.6g | Fat 1.7g | Carbohydrates 10.6 g | Fibre 1.1g | Sodium 33mg

Snacks



*Recipe
and photo
provided by:*

