

## Cucumber Salad

This refreshing salad can be made up to two days ahead.

2 large cucumbers (about 1 ½ pounds, peeled, halved lengthwise and seeds removed)

1/3 cup thinly sliced scallions

¼ cup distilled white vinegar or lemon juice

½ teaspoon freshly ground black pepper

¼ teaspoon granulated sugar

1. Coarsely chop cucumbers. Mix with remaining ingredients.
2. Refrigerate at least 1 hour to chill and allow flavors to blend.

Makes 3 cups, 8 servings.

Per serving 14 calories, 1 gram protein, 3 grams carbohydrates, 0 grams fat, 0 mg cholesterol, 2 mg sodium