



Minted Cucumber Salad with Indian-Spiced Dressing

Active Time: 10 minutes | **Total Time:** 10 minutes | **Serves:** 4

Nutrition Information Per Serving

107.6 calories, 2.65 g carbohydrate, 0.9 g fiber, 1.75 g NET carbs, 0.72 g protein, 10.76 g fat

Ingredients

- 2 medium(s) organic cucumbers, peeled and thinly sliced
- 1/2 tsp(s) sea salt
- 1 Tbsp fresh lemon juice
- 2 Tbsp(s) fresh mint leaves
- 1/4 tsp(s) freshly ground black pepper
- 3 Tbsp(s) organic extra virgin olive oil
- 1/4 tsp(s) coriander seeds
- 1/2 tsp(s) cumin seeds
- 1/4 tsp(s) mustard seeds

Preparation

1. In a mortar or using a Magic Bullet, lightly crush the cumin, coriander and mustard seeds until very coarsely ground. Transfer to a small skillet.
2. Add the oil and cook over moderate heat until the seeds are fragrant and toasted, about 3 minutes. Pour into a large glass bowl.
3. Whisk in the lemon juice and season with salt and pepper.
4. Add the cucumbers and mint and toss to combine.
5. Serve.

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