



Cucumber, Red Onion & Feta Salad with Mint

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

Nutrition Information Per Serving

146.6 calories, 3.88 g carbohydrate, 0.97 g fiber, 2.91 g NET carbs, 2.73 g protein, 13.66 g fat

Ingredients

- 2 medium(s) organic cucumbers, peeled and thinly sliced
- 1/2 tsp(s) sea salt
- 1 Tbsp fresh lemon juice
- 1/2 small(s) organic red onion, thinly sliced
- 2 Tbsp(s) fresh mint leaves
- 2 ounce(s) organic feta cheese, cubed
- 1/4 tsp(s) freshly ground black pepper
- 3 Tbsp(s) organic extra virgin olive oil

Preparation

1. In a large bowl, whisk the oil and lemon juice and season with salt and pepper.
2. Add the cucumbers, red onion, feta and toss to combine.
3. Garnish with chopped mint leaves.
4. Serve.

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