

Fresh Cucumber Orange Salad

From Illinois Extension – Eat.Move.Save.

<https://eat-move-save.extension.illinois.edu/eat/recipes/fresh-cucumber-orange-salad>

Ingredients

2 cucumbers, sliced
2 medium ripe oranges, peeled and chopped
1 tablespoon lime juice
1/2 teaspoon chili powder
1/4 teaspoon salt

Instructions

1. Wash hands with soap and water.
2. Gently rub produce under cool running water.
3. Place sliced cucumbers and chopped oranges into a medium bowl.
4. Add chili powder, lime juice, and salt. Lightly toss.
5. Serve cold. Salad can also be served over lettuce.

Makes about 4 servings, one cup each

Nutrition information per serving

Calories: 60	Dietary Fiber: 2 g
Total Fat: 0 g	Sodium: 160 mg
Saturated Fat: --	Protein: 2 g
Cholesterol: --	Carbohydrates: 14 g