

## Cucumber Orange Salad

### Ingredients

- 1 cucumber, sliced
- Orange slices (1 orange)
- Orange juice from 3 segments
- 1 tablespoon lemon juice
- 1 teaspoon apple cider vinegar  
(try *Tarragon and Garlic Infusion* from our website)
- 1 teaspoon fresh tarragon, minced
- 1 tablespoon red onion, minced
- Salt and pepper to taste
- Stevia to taste
- Fresh mint leaves, chopped (optional)

Makes 1 serving (1 vegetable, 1 fruit)
3 grams protein
0 fat
115 calories

### PHASE 3 MODIFICATION:

Drizzle with hazelnut oil, top with toasted pine nuts.

### Directions

1. Combine apple cider vinegar, Stevia , onion, and spices. Mix well.
2. Add cucumber and orange slices, tarragon, salt, and pepper to taste.
3. Marinate for 30 minutes.
4. Garnish with fresh mint leaves.

