

Cucumber Orange Salad

Ingredients

- 1 cucumber (100 grams), sliced
- Orange slices (1 orange)
- Orange juice from 3 segments
- 1 tablespoon lemon juice
- 1 teaspoon apple cider vinegar (try Tarragon and Garlic Infusion)
- 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 MODIFICATIONS:

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.

