

Strawberry & Cucumber Salad

Saunter into spring and summer with this light, refreshing mix of strawberry, cucumber, and feta with a hint of basil and lime.

YIELD 5 SERVINGS	PREP TIME 15 MIN	TOTAL TIME 20 MIN
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INGREDIENTS

2 Tbsp	Extra Virgin Olive Oil
½ each	Lime, juiced
1/8 tsp	Black Pepper, ground
1 pint	Strawberries, diced
2 each	Cucumber, diced
4 Tbsp	Feta Cheese, crumbled
3 sprigs	Basil, fresh, finely chopped



CHEF'S NOTES

Pairs well with a whole grain cracker or add spinach and grilled chicken to turn this fresh and vibrant snack into a complete dinner salad on a hot day.

Strawberries are high in Vitamin C which helps boost your immune system and supports skin health.

DIRECTIONS

1. Gather all necessary equipment and ingredients. Prepare all ingredients as described above.
2. In a medium bowl, add the olive oil, lime juice, and black pepper. Whisk to combine.
3. Add the diced strawberries, cucumber, feta, and basil. Gently toss. Cover and transfer to the refrigerator and allow to chill for about 20 minutes for best flavor.

Nutrition Facts

5 servings per container

Serving size 1 Cup (0.0g)

Amount Per Serving

Calories 110

% Daily Value*

Total Fat 8g 10%

Saturated Fat 2g 10%

Trans Fat 0g

Cholesterol 5mg 2%

Sodium 140mg 6%

Total Carbohydrate 9g 3%

Dietary Fiber 2g 7%

Total Sugars 5g

Includes 0g Added Sugars 0%

Protein 3g 6%

Vitamin D 0mcg 0%

Calcium 70mg 6%

Iron 0.5mg 2%

Potassium 220mg 4%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

