Cucumber Salad

Makes 4 to 6 servings

Ingredients:

1 ½ lbs. cucumbers, thinly sliced

2 green onions, thinly sliced

½ cup fresh basil, chopped

½ cup fresh cilantro, chopped

½ cup peanuts, chopped

2 Tbsp. sesame seeds, toasted

Red chili flakes, optional

Dressing:

3 Tbsp. fresh lime juice

2 Tbsp. olive oil (or less if counting calories)

2 Tbsp. rice vinegar

1 Tbsp. soy sauce

1 small garlic clove, minced

2 Tbsp. honey

Directions: Prepare the dressing: Whisk all dressing ingredients in a small bowl.

Combine remaining ingredients in a large bowl. Drizzle with dressing and toss until coated evenly. Garnish with desired toppings and serve, or keep covered and refrigerated up to 24 hours.

**Nutritional Benefits of Cucumber**

A serving of cucumber -- one-half a cup -- is about 8 calories. They have small amounts of Vitamins K % A, and are about 95% water. They are filled with plant chemicals called lignans.

One medium unpeeled cucumber contains 30 calories and has zero fat. Additionally, one raw cucumber has the following:

* Carbs: 6 grams; Protein: 3 grams; Fiber: 2 grams; Vitamin C: 10% of the recommended daily value (DV); Magnesium: 9% of the DV; Potassium: 12% of the DV; Manganese: 9% of the DV.
* Source: WebMD