



Strawberry and Cucumber Salad

Recipe courtesy Chef Bryan Woolley

2 Tbsp fresh mint
1 tsp powdered sugar
2 Tbsp raspberry vinegar
3 Tbsp olive oil
½ English cucumber, thinly sliced
8 ounces ripe strawberries
Fresh ground black pepper

1. In a small bowl, combine mint and powdered sugar.
2. Using wooden spoon, pound mint to draw out the oils.
3. Add vinegar and olive oil and whisk to blend.
4. Add cucumber and marinate up to 2 hours.
5. Just before serving, slice strawberries.
6. Arrange on individual serving plates, layer with cucumbers; season with pepper and spoon dressing over each salad.

Makes 4 servings

Nutrition Facts

Serving Size: 1/6 recipe

Calories:	140
Total Fat:	14g
Saturated Fat:	2g
Cholesterol:	0mg
Sodium:	0mg
Carbohydrates:	7g
Dietary Fiber:	2g
Protein:	1g

Diabetic Exchanges

Protein:	0
Fat:	3
Carbohydrates:	.5