

UofL Health Promotion Office Featured Recipe

Use the abundant local veggies from Farmers' Markets to make a luscious and nutrient-dense meal...quickly!

Fresh Cucumber Dill Salad



Ingredients:

- 4 cups thinly sliced cucumbers
- ½ cup thinly sliced red onion
- ½ cup fresh dill chopped
- ½ cup chopped chives
- 1 ½ tbsp fresh mint chopped
- ¼ cup fresh squeezed lemon juice
- ½ tsp sea salt

Preparation:

- Thinly slice the cucumbers and the red onion and place in a bowl.
- Add the remaining ingredients and toss everything together until evenly mixed.
- Refrigerate for at least one hour to let all the flavors come together.
- Serve and enjoy!

More recipes from UofL Health Promotion Office:

www.louisville.edu/healthpromotion/health-topics/food-nutrition-cooking/recipes

Chef Mat's website has more recipes for fresh summer veggies and fruits:

www.junehealthandwellness.com