



YOU CAN COOK
AND YOU DO HAVE THE TIME

Kev's Kitchen

CUCUMBER & POMEGRANATE SALAD

Time: 15 minutes

Serves: 4

Ingredients:

1 English cucumber – peeled, seeded and chopped
1 small white onion – finely chopped
1 cup pomegranate seeds
1 tablespoon fresh lemon juice
1 teaspoon dried crushed mint
¼ teaspoon kosher salt
⅛ teaspoon fresh ground black pepper

Preparation:

Prepare the cucumber by peeling then slicing lengthwise into quarters. Cut along and discard the heavily seeded portion. The cucumber and onion should be chopped to the same size as the pomegranate seeds.

Mix all ingredients in a bowl and let stand a few minutes or up to an hour before serving.

Nutritional Information Per Serving:

Calories: 49
Fat: 0.6g
Carbs: 11g
Fibre: 2g
Protein: 1g