



Cucumber Pomegranate Salad

4 Servings • 1 Serving = 1 Cup

INGREDIENTS

- 2 Tablespoons extra virgin olive oil
- 1 lime, juiced
- ½ teaspoon salt
- ¼ teaspoon pepper
- 2 English cucumbers, diced
- 1 cup cilantro, chopped
- 2 scallions, thinly sliced
- ¼ cup pomegranate seeds
- ¼ cup feta cheese, crumbled

DIRECTIONS

1. In a large bowl, add olive oil, lime juice, salt, and pepper. Whisk to create an emulsion.
2. Add the cucumbers, cilantro, and scallions to the bowl. Mix well.
3. Sprinkle on the pomegranate seeds and feta cheese.
4. Serve immediately or chill in the refrigerator.

Nutrition Facts

4 servings per container	
Serving size	1 cup
Amount per serving	
Calories	120
% Daily Value*	
Total Fat 9g	12%
Saturated Fat 2.5g	13%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 380mg	17%
Total Carbohydrate 7g	3%
Dietary Fiber 2g	7%
Total Sugars 4g	
Includes 0g Added Sugars	0%
Protein 3g	
Vitamin D 0mcg	0%
Calcium 85mg	6%
Iron 1mg	6%
Potassium 251mg	6%

*The % Daily Value 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.

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