



Sweet and Tangy Pineapple Cucumber Salad

Recipe Source: www.wholefoodsmarket.com

Serves: 2

Ingredients:

3 cups chopped fresh pineapple
2 cucumbers, seeded and sliced
2 green onions, thinly sliced
¼ cup roughly chopped mint
¼ cup lime juice, or to taste

Steps:

- In a large bowl, gently toss all ingredients together. Taste and add more lime juice or mint if desired.
- Refrigerate for 1 hour to let flavors blend. Serve cold or at room temperature.

Tips from the Test Kitchen: This is a delicious salad for summer, and goes perfectly with simple grilled chicken or fish. Try adding a dash of cayenne pepper if you like a little heat.

Nutritional Facts (Per Serving): Calories: 140, Carbohydrates: 37 grams, Protein: 2 grams, Total Fat: .5 grams, Saturated Fat: 0 grams, Cholesterol: 0 mg, Sodium: 7 mg, Fiber: 5 grams, Total Sugars: 26 grams.