



Low FODMAP Cucumber Salad

Serves: 4

Prep: 45 minutes

Cook: No cooking required



Stack Cup

Ingredients	Metric	Imperial
1 continental cucumber	175 g	6.2 oz
½ cup fresh chives	25 g	0.9 oz
Dill, fresh	5.0 g	0.17 oz
Greek yoghurt (lactose free if required)	125 g	4.4 oz
2 tbsp white vinegar	40 g	1.4 oz

Method

1. Thinly slice the cucumber
2. Place cucumbers in a salad bowls and add the yoghurt.
3. Finely chop up the chives and dill and mix in with the cucumber and yoghurt. Add white vinegar and mix well.
4. Refrigerate until ready to serve.

Hints

- To reduce water in the salad: spread the sliced cucumber out on a flat tray and sprinkle with salt. Let sit for 20 minutes. Toss the cucumber and repeat with sprinkling salt and leaving it to sit for 20 minutes. Pour off any fluid and using paper towel squeeze out excess water from the cucumber.

Nutrition Information (per serve)	
Energy	168 Kj / 40 cal
Protein	1.90g
Carbohydrates	5.40g
Sugar	5.60g
Total Fat	1.10g
Saturated Fat	0.70g
Fibre	0.80g