

Cucumber Nectarine Salad

INGREDIENTS

4 SERVINGS

TIME: 15 MINUTES

- ¼ cup red onion, finely sliced
- 3 ripe nectarines
- 1 small English cucumber, sliced
- ⅓ cup basil leaves, roughly chopped
- ¼ cup low-fat feta cheese, crumbled, optional
- 3 tablespoons olive oil
- 2 tablespoons apple cider vinegar
- 2 teaspoons honey
- ¼ teaspoon salt, to taste
- ¼ teaspoon pepper, to taste



Adapted:
feastingathome.com

Cucumber Nectarine Salad

INGREDIENTS

4 SERVINGS

TIME: 15 MINUTES

- ¼ cup red onion, finely sliced
- 3 ripe nectarines, sliced into ½ inch thick slices
- 1 small English cucumber, sliced
- ⅓ cup basil leaves, roughly chopped
- ¼ cup low-fat feta cheese, crumbled, optional
- 3 tablespoons olive oil
- 2 tablespoons apple cider vinegar
- 2 teaspoons honey
- ¼ teaspoon salt, to taste
- ¼ teaspoon pepper, to taste



Adapted:
feastingathome.com

PROCEDURE

1. Thinly slice a red onion. Place sliced red onion in a small bowl of water and let soak for 10 - 15 minutes. Drain and pat dry once time is complete.
2. In a large bowl, combine sliced nectarines, cucumbers, and red onions.
3. In a separate bowl, whisk together olive oil, apple cider vinegar, honey, salt, and pepper.
4. Pour dressing over salad and toss to combine.
5. Top salad with basil and low-fat feta cheese, if using.



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