

RECIPES

JULIE'S YUMMY CUCUMBER SALAD

Ingredients:

- 1 medium cucumber
- ½ small red onion
- 1 Tbsp lemon juice
- 2 Tbsp feta cheese
- 4 mint leaves
- Sea salt (to taste)
- Fresh ground pepper (to taste)
- Garlic powder (to taste)

Directions:

1. Peel and dice the cucumber and dice the red onion and add to medium bowl.
2. Mince the mint leaves and add to bowl.
3. Crumble the feta cheese and add to mixture.
4. Add salt, pepper, and garlic powder to taste.
5. Add lemon juice and serve!

Yields: 2- ¼ cup servings

Calories: 60

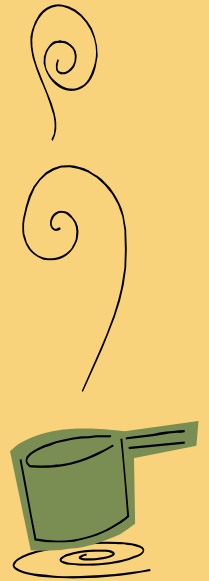
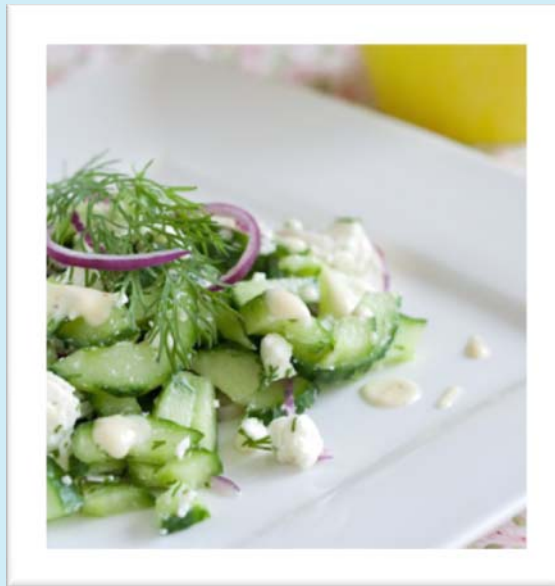
Fat: 2 g

Protein: 3 g

Carbs: 7 g (2 g fiber)

Julie says this is a great refreshing meal for the summer!

For added protein, try adding diced chicken breast, shaved turkey breast or even some chopped tomatoes for color!



For eating well after bariatric surgery

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