



Atkinscenter.com

[Click to print](#)

Cucumber, Tomato and Green Onion Salad

A brief marinating time softens the texture of the cucumbers and imbues them with flavor. This colorful salad goes with just about any grilled or broiled entrée.

Ingredients

- 1 English cucumber or two small regular cucumbers
- 3 tablespoons red wine vinegar
- [2 packets sugar substitute](#)
- 1/2 teaspoon salt, plus more to taste
- 2 small tomatoes, seeded and coarsely chopped
- 1/2 cup chopped green onions
- 1/4 cup chopped fresh mint
- 2 tablespoons olive oil
- Pepper

Directions

1. Peel cucumber, cut in half lengthwise and scoop out seeds with a small spoon. Cut cucumber into 1/2" slices and transfer to a large serving bowl. Toss with vinegar, sugar substitute and salt. Let sit 30 minutes.
2. Add tomatoes, green onions, mint and olive oil to bowl. Gently mix to combine all ingredients. Season to taste with additional salt and pepper

[IN BRIEF]

Servings: 4
Prep time: 15 minutes
Marinate Time: 30 minutes

[NUTRITION PER SERVING]

[Carbohydrates](#): 5.5 grams
[Net Carbs](#): 3.5 grams
[Fiber](#): 2 grams
[Protein](#): 1 grams
[Fat](#): 7 grams
[Calories](#): 66

Good for
Atkins Plus:

You can find this article at:

http://www.atkinscenter.com/food/recipes/all/Cucumber_Tomato_and_Green_Onion_Salad.

Copyright ©1999-2002 Atkins Nutritionals, Inc. All Rights Reserved.

<http://www.atkinscenter.com/>

1-800-2-ATKINS