



Cucumber, Carrot, and Red Onion Salad

4 cucumbers, peeled, sliced thin (about 6 cups, or 2 pounds, or 396 grams)

1 cup or 180 grams carrots, coarsely shredded

1 cup or 168 grams red onion, sliced paper thin

1/3 cup white wine vinegar

3 Tbls. vegetable oil

1 tsp. sugar

1 1/2 tsp. salt (or to taste) pepper to taste

In a bowl, combine vegetables. In a small bowl, stir together vinegar, oil, sugar, salt and pepper until sugar and salt are dissolved. Pour dressing over salad and toss to mix well. Chill salad, stirring occasionally, at least one hour and up to three hours.

Makes 14 servings (about 2/3 cup servings)

Per recipe: 268 mg phe

Per 2/3 cup serving: 19 mg phe

Recipe adapted from Gourmet Magazine, May 1994 July 10, 2001



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