5-Minute Cold Cucumber Salad

Stay cool with this easy-to-prepare summer salad. One serving provides 246% of your Daily Value (DV) for vitamin C and 52% DV for vitamin A.

Prep and Cook Time: 5 minutes
1/2 medium red onion, sliced thin
1 medium clove garlic, chopped
1 medium cucumber, halved, seeds removed, and sliced
1 medium tomato, cubed
1 medium red bell pepper, diced
1 TBS feta cheese
6 kalamata olives, cut into halves or quarters
2 TBS fresh lemon juice
Sea salt and pepper to taste
Fresh or dried dill (optional)

Chop garlic and slice onions and let sit for 5 minutes to bring out their health-promoting properties.
Combine all ingredients and serve.

Source: here
Posting Disclaimer Notice:
This posting is not my own creation collection. My effort is copy paste only. I got it from internet posted by someone else. I’m just saving some time for you to avoid searching everywhere. I’m not violating any copy rights law or not any illegal action which I'm not supposed to do. If anything is against law please notify me so that it can be removed.