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](http://tiest.staff.ipb.ac.id/2012/02/14/5-minute-cold-cucumber-salad/)
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