



Cucumber and Veggie Salad

🕒 15 MINS | 🍴 6 SERVINGS

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INGREDIENTS

- 2 1/2 cups Cucumber
- 1 1/2 cups Grape Tomatoes
- 1 Yellow Bell Pepper
- 3/4 cup Plain Non-Fat Greek Yogurt
- 1/4 teaspoon Salt
- 1/4 teaspoon Ground Black Pepper

NUTRITION INFORMATION PER SERVING

Protein 3.71g	Calories 36kcal
Total Fat 0.28g	Fiber 0.87g
Carbs 5.4g	Vegetables 0.8 servings

Method

1. Cut all ingredients to bite sized veggies in a large bowl.
2. Add salt and pepper.
3. Mix in the Greek yogurt.
4. Serve.
5. Refrigerate leftovers

