

Ingredients:

- 1 cucumber
- 1 teaspoon chili powder
- 1 lime

Directions:

1. Wash hands with soap and warm water. Wash cucumber and lime before preparing.
2. Trim the ends of the cucumber and discard. Slice the cucumber into ¼" slices. Slice the lime in half.
3. Spread the cucumber slices evenly between two plates. Sprinkle the chili powder over each plate. Squeeze each lime half over the cucumber slices.
4. Serve immediately and enjoy!



Nutrition Facts (Per Serving)

Calories, 25; Carbohydrate, 6 g; Protein, 1 g; Total Fat, 0 g; Saturated Fat, 0 g; Trans Fat, 0 g; Cholesterol, 0 mg; Fiber, 1 g; Total Sugars, 2 g; Sodium, 62 mg; Calcium, 19 mg; Folate, 14 mcg; Iron, 1 mg; Calories from Fat, 0 %.

Makes: 2 servings, about 1/2 cucumber each.

The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact 1-800-352-8401. This institution is an equal opportunity provider and employer. This material was funded by USDA's Supplemental Nutrition Assistance Program - SNAP.

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