



Niagara County Office for the Aging  
111 Main Street, Suite 101  
Lockport, NY 14094  
*Eat Well...Stay Well Dining Program*  
439-4030

*Recipe provided by Niagara County Office for the Aging,  
Eat Well...Stay Well Dining Program*

### **Dill Cucumber and Carrot Salad**

2 thinly sliced cucumber  
2 thinly sliced carrots  
1 celery stalk sliced thinly  
¼ cup finely chopped parsley  
½ cup rice vinegar  
1 teaspoon sugar  
1 teaspoon dill (dried)  
Sprinkle lightly with sea salt  
Add freshly ground pepper if desired  
Add garbanzo beans for added protein if desired.

Mix all ingredients together and marinate for 30 minutes before serving. Keep refrigerated or serve at room temperature.

Serving size: ½ cup  
Calories: 50  
Sodium: 45 mg  
Carbohydrates: 7 gm  
Vitamin A – 25% of RDA