



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