

Good to Eat

Enjoy our series of quick, easy and delicious recipes to help you live the low carbohydrate lifestyle.

Crunchy Cucumber Salad

Ingredients

*1 large Lebanese cucumber,
diced*

10 small radishes, quartered

1 tbs of olive oil

Salt and pepper to taste

1 tbs of toasted sesame seeds

*¼ cup of finely chopped fresh
parsley*

½ green apple, diced

Dressing

*½ cup of plain full fat Greek
yoghurt*

1 tsp of Harissa

Method

Not a big fan of a whole lot of lettuce when it comes to eating salads? Try a refreshing and crunchy cucumber, radish and green apple salad! Love it!!

Harissa Yoghurt

1. Combine the yoghurt and Harissa together until well mixed. Season with salt to taste. Set aside in the fridge while you prepare the Salad.

Salad

1. In a mixing bowl toss cucumber, radishes, apple and parsley together with olive oil.
2. Toast sesame seeds lightly in a pan with a touch of olive oil.
3. Add to other ingredients.
4. Season with Salt.



Preparation Time: 12 minutes

Cooking Time: 0 minutes

Serves 4

For more recipes and information on living the low carbohydrate lifestyle find us at:

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