



SNACK | PEAK SEASON: Summer

## Dragon Egg Cucumber & Basil Salad

Recipe by: Kiandra Call

A crisp, refreshing salad with Dragon Egg cucumbers, fresh basil, and a simple lemon-olive oil dressing—easy, light, and blood sugar-friendly.

### Nutritional Info

- Calories: 80
- Carbohydrates: 6g
- Fiber: 2g
- Sugars: 3g (from cucumbers/onion)
- Protein: 1g
- Fat: 7g
- Saturated Fat: 1g
- Sodium: 100mg (from salt; varies by preference)

### Ingredients

- 2–3 cucumbers, sliced into bite sized pieces
- ¼ cup fresh basil leaves, torn or chopped
- ¼ cup red onion, thinly sliced (optional)
- ½ cup of cherry tomatoes- cut in half
- 1–2 Tbsp feta or fresh mozzarella pearls (optional for creaminess)
- 1 Tbsp olive oil
- 1 Tbsp lemon juice or balsamic vinegar
- Pinch of salt and cracked black pepper
- Optional: add olives for flavor and extra Omega 3! (Omega 3- healthy fats that support the brain and heart)

### Instructions

- Toss sliced cucumbers, basil, and onion in a bowl.
- Drizzle with olive oil and lemon juice.
- Add salt, pepper, and toss again.
- Sprinkle with cheese and seeds if using. Serve immediately or chill for 10–15 mins.

*Optional:*

- Add cherry tomatoes for color and sweetness.
- Toss in chickpeas or white beans to make it a protein-rich side.
- Swap basil for mint or dill for a different vibe.

*This salad is a great snack on it's own, or it pairs perfectly with a lean protein like fish or chicken.*

### Additional Info

- Low in carbs, high in hydration.
- Healthy fats from olive oil help with blood sugar stability.
- Fresh herbs add flavor without sodium or sugar.

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at [freshrxok.org/recipes](https://freshrxok.org/recipes)

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