

Recipe Name **Israeli Salad**

Ingredients:

- 1 large English Cucumber
- 2 ½ Tbsp. red wine vinegar
- ½ Tbsp. Monk Fruit (Lakanto) sweetener
- ½ tsp. salt
- ½ pint grape tomatoes, halved
- 1/3 cup red onion, finely chopped
- 1/3 cup fresh mint, finely chopped
- 1 ½ Tbsp. good olive oil

Directions

1. Cut cucumbers in half lengthwise and scrape out seeds. Cut halves lengthwise again making 4 long strips. Cut each strip diagonally into ½ inch wide pieces. Place in a medium sized bowl. Add vinegar, sweetener, and salt. Let stand at room temperature for about 1 hour, tossing occasionally.
2. While cucumbers are soaking in the salt, sweetener and vinegar solution, chop tomatoes, onion, and mint.
3. Add tomatoes, red onion, mint, and olive oil to cucumbers and toss to blend. Season salad with salt and pepper to taste.