

Grape and cucumber salad



Recipe credit

Oregon SNAP. OSU Extension Service

About this recipe

Serves

8

Serving size

3/4 cup

Time to make

15 minutes

Ingredients

- 3 cups grapes, cut in half or quarters
- 3 cups sliced cucumber
- 1/4 cup thinly sliced green onion

Dressing

- 1/4 cup vinegar (any type)
- 1 teaspoon vegetable oil
- 2 teaspoons packed brown sugar
- 3/4 teaspoon salt

- 1/4 teaspoon hot sauce, optional

Directions

1. Wash hands with soap and water.
2. In a medium bowl, combine the grapes, cucumber and green onion.
3. In a small bowl or jar with a tight lid, mix or shake together the dressing ingredients and hot sauce, if desired.
4. Pour dressing over grapes and cucumbers and stir until mixed. Refrigerate until served
5. Refrigerate leftovers within 2 hours.

Tips and variations

For a mild flavor, use cider or rice vinegar or lemon or lime juice in the dressing.

Recipe video

Nutritional info

Calories

60

Total fat

0.5g

Saturated fat

0g

Cholesterol

0mg

Sodium

230mg

Total carbohydrates

13g

Dietary fiber

1g
Protein
1g
Total sugar
11g

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