



Cucumbers and Tajin



ingredients

- 1 cucumber, sliced
- Tajin, to taste
- 1 lime, juiced

instructions

1. Slice cucumber and place in a bowl. Add lime juice and tajin to taste.
2. Can be stored in a sealed container in the refrigerator for a day.

did you know?

Tajin is a seasoning consisting of mild chili peppers, lime and salt. It is great on a variety of fruits and vegetables such as mangoes, pineapple, watermelon and corn on the cob to add extra flavor.

Cucumbers only have about 16 calories per cup! This makes for a good snack. Try with humus or low calorie salad dressing.

Set up an appointment with the Registered Dietitian at SHS 701-231-7331 or through the Student Health Portal