



Mmmmm Marinated Cucumber Salad



1/5th of recipe (about 1 cup): 33 calories, <0.5g total fat (0g sat fat), 220mg sodium, 6.5g carbs, 1g fiber, 2.5g sugars, 1.5g protein

Green Plan [SmartPoints](#)® value 0*

Blue Plan (Freestyle™) [SmartPoints](#)® value 0*

Purple Plan [SmartPoints](#)® value 0*

Prep: 15 minutes

Chill: 4 hours



Tagged: [Recipes for Sides, Starters & Snacks](#), [Vegetarian Recipes](#), [Four or More Servings](#)

Ingredients

- 1/3 cup apple cider vinegar
- 2 tbsp. reduced-sodium/lite soy sauce
- 2 packets no-calorie sweetener (like Truvia)
- 2 tsp. chopped garlic
- 1/2 tsp. crushed ginger
- 4 cups thinly sliced seedless cucumber (about 2 large cucumbers)
- 1 cup thinly sliced onion

Directions

In a large bowl, combine vinegar, soy sauce, sweetener, garlic, and ginger. Add 1/4 cup water. Stir until sweetener has dissolved and mixture is uniform.

Add cucumber and onion. Toss to mix.

Cover and refrigerate for at least 4 hours. (The longer it sits, the more flavorful it gets!)

Stir well, and serve with a slotted spoon.

MAKES 5 SERVINGS

HG Tip: Transfer to a large sealable bag before refrigerating. Then squeeze out the air, and seal. You'll get more even distribution of the marinade this way!

[SmartPoints](#)® value* not what you expected? We follow the same method as Weight Watchers when calculating recipe values: We add up the [SmartPoints](#)® values* of the individual ingredients using the Recipe Builder. (Many foods have a value of zero and remain zero in recipes.)

*The [SmartPoints](#)® values for these recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by Weight Watchers International, Inc., the owner of the [SmartPoints](#)® trademark.