

Cucumber and Charred Onion Salad

Chef *Stephen* of Delaware North

RECIPE MAKES: 8 (2.5OZ) SERVINGS

INGREDIENTS

- ♥ 1 Fresno chile, thinly sliced into rings, seeded if desired
- ♥ 4 Tbsp. red wine vinegar, divided
- ♥ 2 medium red onions, sliced into ¼ inch rounds
- ♥ 4 Tbsp. olive oil, divided, plus more for serving
- ♥ Kosher salt and freshly ground pepper
- ♥ 1 medium English hothouse cucumber, sliced into rounds

NUTRITION INFO

| Nutrition Facts | |
|---------------------------|-----------------------|
| servings per container | |
| Serving size | (71g) |
| Amount per serving | |
| Calories | 80 |
| | % Daily Value* |
| Total Fat 7g | 9% |
| Saturated Fat 1g | 5% |
| Trans Fat 0g | |
| Cholesterol 0mg | 0% |
| Sodium 230mg | 10% |
| Total Carbohydrate 4g | 1% |
| Dietary Fiber 1g | 4% |
| Total Sugars 2g | |
| Includes 0g Added Sugars | 0% |
| Protein 1g | |
| Vitamin D 0mcg | 0% |
| Calcium 12mg | 0% |
| Iron 0mg | 0% |
| Potassium 97mg | 2% |

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

PREPARATION

1. Prepare grill for medium high heat. Combine chile and 2 Tbsp. vinegar in a small bowl; set aside
2. Place onions on a rimmed baking sheet and drizzle with 2 Tbsp. oil; season with salt and pepper
3. Turn to coat. Grill onions directly on grate until lightly charred and softened, about 2 minutes per side
4. Transfer to a large bowl and toss with remaining 2 Tbsp. vinegar; let cool
5. Coarsely chop ½ cup grilled onion and return to bowl. Add chile and soaking liquid, cucumber, dried oregano, and 2 Tbsp. oil and toss to combine; season with salt and pepper
6. Serve drizzled with more oil if desired

Healthy Options

