

Summer Cucumber Salad Recipe

Simplicity and convenience is king when it comes to being healthy!



This summer side salad could not be simpler or more tasty! Plus it requires no cooking – always a good thing at this time of year – and it’s ready in minutes.

I like to use a mandolin to quickly slice 2 or even 3 cucumbers, making enough of this to last for a few meals.

Unlike salads made with lettuce, this only gets better if it marinades for a day or two in your fridge.

You can leave off the sesame seeds and sprinkle them at the end so they maintain that crunchy texture you’ll love.

Pick up some cucumbers at the farmer’s market, give it a try, and let me know what you think over [on Facebook](#).

SUMMER CUCUMBER SALAD

INGREDIENTS

- 1 English cucumber, sliced thinly
- 1 lemon (freshly juiced)
- 1 tbsp. extra virgin olive oil
- Black or traditional sesame seeds
- Sea salt (Celtic Grey, Himalayan, or Redmond Real Salt) and black pepper to taste



Directions

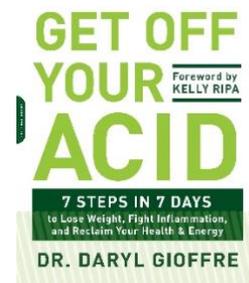
Mix all the ingredients in a bowl and enjoy – its as EASY as that!

Want more recipes like this one?

My best-selling book, [*Get Off Your Acid: 7 Steps in 7 Days to Lose Weight, Fight Inflammation, and Reclaim Your Health and Energy*](#), is full of recipes, tips, and ideas to take you from sluggish and in pain to healthy, energetic, and slim.

Kelly Ripa, who wrote the Foreword, had this to say:

“What I like most about Dr. Daryl’s method is that it’s not a ‘diet’ but more of a



lifestyle change. There's no counting calories or limiting portion sizes, only a new awareness of 'alkaline eating.'



Once you learn the difference between alkaline and acidic ingredients, you will know what to eat and will be able to benefit from keeping this balance in your bodies.

“Whether your goal is to lose weight, sleep deeper, feel more rested, think more clearly, or boost your energy, this plan will get you there...”