



## Kidney Friendly

# Cucumber Salad

Makes 4 serving

**2 large cucumbers,  
peeled and sliced**

**1 medium white or red on-  
ion, sliced**

**1 tbsp feta cheese**

**1 tbsp olive oil**

**1 tbsp balsamic vinegar**

**¼ tsp garlic powder**

**¼ tsp ground black pepper**

Thinly slice cucumbers and onions and place in small bowl.

Add olive oil, vinegar, black pepper and garlic powder and whisk well to combine.

Pour oil/vinegar mixture over cucumber and onions. Add feta cheese. Mix well to combine.

Cover and place in fridge for at least 30 minutes to set before serving for best results.

Nutrition Facts Per Serving (1 cup)	
Calories	65
Carbohydrates	6 g
Protein	1.5 g
Total Fat	4 g
Phosphorus	43.6 mg
Potassium	236 mg
Sodium	31 mg

*The recipes contained here are for educational purposes to promote a healthy and kidney-friendly diet. They are not intended to be a substitute for medical advice from a medical provider. Nutritional information has been calculated using Cronometer; Somatus has not independently confirmed its accuracy. Depending on your stage of kidney disease, specific nutrients in your diet should be limited. If you are unsure which nutrients to limit, speak with your Somatus dietitian or a medical provider.*