

Ingredients

	Quantity:	Measure:	Ingredients:	Descrip
	3	Small	Cucumber	Tender.
1		Medium	Onion	Peel and slice ri
1		Teaspoon	Salt	Mix with vinegar
1/2		Teaspoon	Pepper Powder	Mix with vinegar
2		Tablespoon	Vinegar	or lime juice
2		Tablespoon	Salad Oil	or olive oil
1		Dessertspoon	Sugar	Mix with vinegar
		As Required	Mustard Paste	Mix with vinegar

Method

Cucumbers are the fourth most cultivated vegetable in the world and known to be one of the best foods for your body's overall health, often referred to as a superfood.

Pare the cucumbers, and peel the onions and slice them to get thin round slices. Place them in a plate and sprinkle salt and after the water has come out, discard the water, and use them for salad.

Mix vinegar, oil, sugar and spices, and toss the cucumber and onion slices and mix well. Add some salt, if needed, and arrange the slices in a salad dish and serve.