

### Ingredients

|     | Quantity: | Measure:     | Ingredients:  | Description:      |
|-----|-----------|--------------|---------------|-------------------|
|     | 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.