

Easy Summer Vegetable Salsa

Hands-on 10 minutes Overall 10 minutes



Nutritional values (per serving, about 1 cup, 185 g/ 6.5 oz): Total carbs: 6.6 g, Fiber: 1.7 g,

Net carbs: 4.9 g, Protein: 1.4 g, Fat: 13.8 g, Calories: 151 kcal,

[Original recipe](#), [Keto Diet App](#) - The ultimate low-carb diet app

Ingredients (makes 4 servings)

- 1 large cucumber, peeled (300 g/ 10.6 oz)
- 2 cups regular *or* cherry tomatoes, diced (300 g/ 10.6 oz)
- 1/2 medium red onion (50 g/ 1.8 oz)
- 2 tbsp fresh lemon *or* lime juice
- 1/4 cup [extra virgin olive oil](#) (60 ml/ 2 fl oz)
- 2 cloves garlic, crushed
- 2 tbsp freshly chopped parsley *or* other herbs such as basil *or* cilantro
- sea salt and pepper to taste

Instructions

1. Peel and finely dice the cucumber.
2. Peel and finely dice the onion and chop the tomatoes into small pieces.
3. Place the cucumber, tomatoes and onion into a bowl and prepare the vinaigrette. In a small bowl, mix the olive oil, lemon juice and crushed garlic. Pour the vinaigrette over the vegetables.
4. Finely chop the parsley and add to the bowl with vegetables. Season with salt and pepper to taste and mix well.
5. Eat as a side with meat, fish or seafood. Store in the fridge for up to 3 days.

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