



# purple cabbage and cucumber coleslaw

1/2 of a purple cabbage  
1 medium cucumber  
1/2 cup of mayonnaise  
1/2 tablespoon lemon juice  
1/2 teaspoon black pepper  
1/2 teaspoon salt

- 1. Cut up your cabbage into long strips
- 2. Cut your cucumber into long strips
- 3. Combine your vegetables into a large bowl and set aside
- 4. In a small bowl, add mayonnaise, lemon juice, salt and pepper
- 5. Whisk sauce until well combined
- 6. Combine sauce with your vegetables in the large bowl
- 7. Sprinkle a bit of salt and pepper on top and enjoy!



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# cucumber

Cucumbers are a great source of phytonutrients which have antioxidant, anti-inflammatory, and anti-cancer benefits

They are also 95 percent water, which makes them great for staying hydrated, especially during the summer

- There are hundreds of cucumber varieties, and they get classified as either slicing (to be eaten fresh) or pickling (to be placed in brine)
- When applied on the skin, cucumber has the ability to cool the blood and reduce swelling (that's where the term "cool as a cucumber" came from!)

Cucumbers can be stored for up to a week by wrapping each cucumber in a damp paper towel and placing in an airtight container or ziplock bag in the fridge.



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