

Cucumber-and-Charred Red Onion Relish

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Southern Living Magazine - July 2013

Servings: 4

6 cups cucumbers, peeled, seeded and chopped
4 teaspoons Kosher salt, divided
2 medium-size red onions, cut into 1/4-inch slices
2 tablespoons olive oil
1 clove garlic, finely grated
1/2 cup fresh mint, chopped
1/2 cup fresh flat-leaf parsley, chopped
1/3 cup sherry vinegar
1/4 cup fresh oregano, chopped
1 tablespoon sugar
2 1/2 tablespoons fresh lemon juice
1 1/4 teaspoons dried crushed red pepper

Toss together the cucumbers and three teaspoons of the salt. Drain the cucumber mixture in a colander for 30 minutes.

Meanwhile, preheat the grill to 350 to 400 degrees (medium high) heat. Brush the onions with olive oil and sprinkle with the remaining one teaspoon of salt. Grill the onions for 3 to 4 minutes on each side or until charred and tender. Cool for 10 minutes.

Stir together the cucumbers, onions, garlic, mint, parsley, vinegar, oregano, sugar, lemon juice and red pepper. Let stand for 30 minutes.

Per Serving (excluding unknown items): 138 Calories; 7g Fat (43.8% calories from fat); 3g Protein; 18g Carbohydrate; 4g Dietary Fiber; 0mg Cholesterol; 1894mg Sodium. Exchanges: 0 Grain(Starch); 2 1/2 Vegetable; 0 Fruit; 1 1/2 Fat; 1/2 Other Carbohydrates.

Grilled, Sauces and Condiments

Per Serving Nutritional Analysis

Calories (kcal):	138	Vitamin B6 (mg):	.2mg
% Calories from Fat:	43.8%	Vitamin B12 (mcg):	0mcg
% Calories from Carbohydrates:	49.0%	Thiamin B1 (mg):	.1mg
% Calories from Protein:	7.3%	Riboflavin B2 (mg):	.1mg
Total Fat (g):	7g	Folacin (mcg):	60mcg
Saturated Fat (g):	1g	Niacin (mg):	1mg
Monounsaturated Fat (g):	5g	Caffeine (mg):	0mg
		Alcohol (kcal):	0

Polyunsaturated Fat (g):	1g
Cholesterol (mg):	0mg
Carbohydrate (g):	18g
Dietary Fiber (g):	4g
Protein (g):	3g
Sodium (mg):	1894mg
Potassium (mg):	487mg
Calcium (mg):	82mg
Iron (mg):	3mg
Zinc (mg):	1mg
Vitamin C (mg):	31mg
Vitamin A (i.u.):	1225IU
Vitamin A (r.e.):	121 1/2RE

% Daily Values 0 0%

Food Exchanges

Grain (Starch):	0
Lean Meat:	0
Vegetable:	2 1/2
Fruit:	0
Non-Fat Milk:	0
Fat:	1 1/2
Other Carbohydrates:	1/2

Nutrition Facts

Servings per Recipe: 4

Amount Per Serving

Calories 138 Calories from Fat: 60

% Daily Values*

Total Fat 7g	11%
Saturated Fat 1g	5%
Cholesterol 0mg	0%
Sodium 1894mg	79%
Total Carbohydrates 18g	6%
Dietary Fiber 4g	17%
Protein 3g	
Vitamin A	24%
Vitamin C	51%
Calcium	8%
Iron	14%

* Percent Daily Values are based on a 2000 calorie diet.