



Kiwi Cucumber Salad with Walnuts and Fresh Mint

★★★★★

This Kiwi Cucumber Salad with Walnuts and Fresh Mint is definitely green, but it's not your typical green salad! Tender butter lettuce, crisp cucumbers and heart-healthy kiwi fruit are drizzled with Lime Vinaigrette

in this tasty salad!

Course	Salads and Dressings
Cuisine	American, Canadian
Diet	Gluten Free, Vegetarian
Prep Time	10 minutes
Total Time	10 minutes
Servings	4
Calories	321kcal
Author	Elaine

Ingredients

- 1 head butter lettuce (or other greens of your choice)
- 6 kiwi fruit
- ½ long English cucumber
- ⅓ cup walnut pieces
- 1 handful fresh mint sprigs

Lime Vinaigrette

- ¼ cup olive oil, extra virgin
- 1 tablespoon lime infused olive oil, OR 1 tablespoon fresh lime juice and 1 teaspoon lime zest
- ¼ cup rice vinegar
- 2 teaspoon honey
- salt and pepper, to taste

Instructions

1. Wash, dry and tear lettuce leaves and arrange in a serving dish or on 4 plates. Slice cucumber very thinly, using a sharp knife, a mandoline slicer or a spiralizer. Pat dry with paper towel to remove excess moisture. Add to salad.
2. Peel and slice 2 kiwifruit and add to salad. Carve the remaining kiwi fruit into flowers and add to salad. Top with walnut pieces and fresh mint leaves.
3. Drizzle with Lime Vinaigrette just before serving.

Nutrition

Calories: 321kcal | Carbohydrates: 26g | Protein: 3g | Fat: 24g | Saturated Fat: 3g | Sodium: 7mg | Potassium: 620mg | Fiber: 5g | Sugar: 16g | Vitamin A: 1510IU | Vitamin C: 129.1mg | Calcium: 76mg | Iron: 1.4mg

Ginger & Green Apple Infusion

- 1 pitcher of water
- 1 green apple, cut into slices
- 1-inch ginger piece, cut into slices
- Ice cubes, to serve

You have the option to add kiwi (peeled and cut into slices), 3 to 4 mint leaves, and/or 1 lime (cut into slices). Infuse overnight.

Lime, Mint, Cucumber & Green Tea Infusion

- 1 pitcher of water
- 2 to 3 bags of green tea or loose-leaf green tea
- Half a cucumber, sliced
- 3 limes, 2 juiced, and 1 sliced
- 1½ cups of fresh mint

Before infusing, brew the green tea in boiling water and then transfer that to a glass pitcher to cool. You have the option to add honey to taste. Infuse overnight.

Jalapeno, Cucumber & Lime Infusion

- 1 pitcher of water
- Half a jalapeño, seeded and sliced
- 6 or 7 thinly sliced cucumbers
- 1 tablespoon fresh lime juice

Infuse overnight.