

Cucumber Low Calorie Recipe

Cucumber Low Calorie Recipe - This Low Carb Cucumber Green Tea Detox Smoothie is a refreshing way to begin a day! It's sugar-free, dairy free, gluten free, paleo and fabulous! I don't know about you, but certain days require different kinds of breakfast choices. Mondays. Mondays are never easy after a fun weekend. Truth be ...I worked at a sandwich shop that made these vegetable sandwiches stuffed with cucumbers, sprouts, tomatoes, and avocados. They were a veggie's dream!"This sweet and tangy summer salad of cucumber, cilantro, and peanuts with just a hint of heat is always a hit at picnics and potlucks since it doesn't need to be refrigerated and you're pretty much guaranteed to be the only one bringing this dish!"Find healthy, delicious low-calorie recipes including low-calorie breakfast, lunch, dinner and snacks from the food and nutrition experts at EatingWell. Avocado makes the pesto sauce in this healthy zoodle recipe extra creamy. Topped with zesty shrimp this easy dinner recipe comes together in a ...