Farm Market Recipe

Cucumber-Mint Spritzer

Ingredients:
- 3 mini cucumbers
- 6 leaves fresh mint, plus sprigs for garnish
- 2 lemons or limes
- 1 liter lemon seltzer water
- Ice cubes

Directions:
1. Slice cucumbers into thin ribbons or disks using a mandoline or vegetable peeler. Place in a pitcher. Add mint leaves and gently muddle. Squeeze juice from 1 1/2 lemons (or limes) into the pitcher, reserving the other half for garnish. Stir in seltzer. Serve over ice, garnished with mint sprigs and lemon (or lime) slices, if desired.

Nutrition Facts:
Servings: 6   Serving Size: 3/4 cup
Per Serving: calories 12; protein 0g; carbohydrates 3g; dietary fiber 1g; sugars 1g; fat 0g; vitamin A 189IU; vitamin C 9mg; folate 6mcg; sodium 2mg; calcium 20mg; iron 1mg; magnesium 7mg; potassium 91mg.

Recipe from eatingwell.com