

# Cucumber & Onions

3 to 4 medium cucumbers

½ to 1 medium red onion

2 cups water

1 cup white vinegar

2 to 3 whole springs of fresh dill

2 tablespoons extra virgin olive oil

1 to 2 teaspoons sugar or Splenda

Peel and slice cucumbers and place in a bowl with lid. Peel and slice red onion, mix with cucumbers. In a stainless steel pot (not aluminum) bring water, vinegar, dill, olive oil and Splenda/sugar to a boil. Pour liquid through a strainer over cucumbers and onions. Replace lid and let cool. Refrigerate at least 3 hours. It's even better refrigerated overnight.

Recipe courtesy of Trish Reed