**Cucumber Pineapple Salad**

It's time to put a refreshing spin on your summer salad with this sweet yet tart and full of fresh flavor dish - ***Cucumber Pineapple Salad!*** Boasting a slew of essential vitamins and minerals, you can load up on fresh flavor while reaping some pretty great health benefits too! Who knew a bit of pineapple and cucumber mixed with fresh lime and cilantro could be so good?? Whether you want to reenergize at the end of a long day, cool off during those warm summer months, or wow friends and family at your next social gathering, this simple salad has got you covered!

**Did you know...** cucumbers are full of vitamin K, antioxidant and anti-inflammatory properties and they are a great source of water!

**Did you know...** pineapple is loaded with vitamin C, manganese, anti-inflammatory and digestive support benefits. It is also a  as powerful antioxidant and a great supporter of immune health!

**Ingredients**

* 1 whole fresh pineapple, cored
* 1 large cucumber
* 1 Tbsp. fresh cilantro, finely chopped
* Zest of 1/2 lime
* Juice of 1 lime

**Directions**

1. Slice outer husk from pineapple and remove the core (unless you are purchasing pre stripped and cored from your local grocer's produce section). Cut pineapple into chunks and place in a large mixing bowl.SLXL
2. Wash cucumber and slice off each end. Slice cucumber lengthwise, then cut in chunks and place in large mixing bowl with the pineapple.SLXL
3. Finely chop approximately 1Tbsp of cilantro (you can always add more or less!) and place atop cucumber and pineapple mixture.SLXL
4. Grate zest of 1/2 the lime and then squeeze the entire lime's juice into the mixture. Toss mixture to coat well.

**Eat and Enjoy!**