

Cucumber Salad

This cucumber salad has a light and creamy dressing. Make it ahead of time and chill it in the refrigerator until you are ready to serve it.

Makes: 2 servings

Ingredients

- 2 tablespoons yogurt
- 1 tablespoon vinegar
- 1 tablespoon oil
- 1 tablespoon water
- 1 teaspoon dill, chopped
- ¼ teaspoon black pepper (optional)
- 1 large cucumber, thinly sliced



Directions

1. Mix yogurt, vinegar, oil, water, dill, and black pepper (if using) in a mixing bowl.
2. Add cucumber slices and stir until coated.
3. Chill until serving.

Recipe from: Michigan State University Cooperative Extension Service, Nutrition Education Program, adapted by the USDA Food and Nutrition Administration.

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