

Cucumber Salad



Ingredients:

- 1 cucumber, peeled and thinly sliced
- 2 tablespoons low-fat yogurt
- 1 tablespoon white vinegar
- 1 tablespoon canola or olive oil
- 1 tablespoon water
- 1 teaspoon dried dill
- 1 dash pepper

Directions:

1. Mix all ingredients in a large bowl until cucumber is coated.
2. Chill until serving.

Makes 2 servings.



Tarrant County Public Health
<http://health.tarrantcounty.com>