



# Cucumber Salad

1. In a large bowl, add:

cucumbers, sliced 2 medium

2. In a jar, add:

plain yogurt	1 cup
dill	1 tablespoon
pepper	$\frac{1}{4}$ teaspoon
salt	$\frac{1}{2}$ teaspoon
mustard, dry or prepared	$\frac{1}{2}$ teaspoon
garlic powder	$\frac{1}{2}$ teaspoon
vinegar	1 tablespoon

Seal jar with lid tightly and shake well.

3. Gently add dressing over the cucumbers and toss lightly.

**Serves 4**

## Tips

- ◇ Dressing may also be made ahead and kept in the refrigerator.
- ◇ If you prefer, this dressing may also be used on a lettuce salad.

**Source: Cooking Healthy Together, Toronto Public Health, 1997**

Courtesy of Healthy Start for Mom & Me, Winnipeg Tel: 204-949-5350 Website: [www.hsmm.ca](http://www.hsmm.ca)

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