

# Farmer's Market 2004



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ESNY



## Cucumbers with Yogurt-Dill Sauce

*Makes 4 Servings*

This cooling salad is delightful on hot days and is a welcome addition to barbecues or other summer meals.

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|---------------------------------------|--|
| <b>1 cup plain nonfat yogurt</b>      | <b>1 clove garlic, finely chopped</b>                        |
| <b>2 tablespoons light mayonnaise</b> | <b>3 cups thinly sliced peeled cucumbers (about 2 large)</b> |
| <b>2 teaspoons lemon juice</b>        | <b>1/4 cup thinly sliced red onion</b>                       |
| <b>1/4 teaspoon dried dill weed</b>   |  |
| <b>Salt and Pepper to taste</b>       |  |

**Mix all ingredients except cucumbers and onion in large bowl. Stir in cucumbers and onion. Cover and refrigerate 30 minutes to blend flavors.**



**Nutrition Per Serving: 85 Calories, 18 Calories from Fat (21%), 2 g Fat, 0 g Saturated Fat, 2 g Unsaturated Fat, 0 mg Cholesterol, 220 mg Sodium, 11 g Carbohydrate, 1 g Dietary Fiber, 5 g Protein, 2% Vitamin A, 16% Vitamin C, 14% Calcium, 2% Iron.**

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