



# Cucumber Dill Salad

## Ingredients:

- 4 large cucumbers
- ¼ cup plain non-fat Greek yogurt
- 1 tablespoon fresh dill, roughly chopped
- 1 tablespoon rice wine vinegar
- ½ teaspoon sugar
- ½ teaspoon salt
- ¼ teaspoon pepper
- ¼ teaspoon garlic powder

## Instructions:

1. Peel the cucumbers. Cut cucumber in half long ways and remove the seeds with a spoon. Slice in ½ inch slices.
2. In a medium bowl combine yogurt, dill, vinegar, sugar, salt, pepper, and garlic powder. Add cucumbers to bowl and toss with mixture until well combined.
3. Refrigerate covered until ready to serve.

## Variations:

- Add tomatoes to the mixture.
- Substitute fresh garlic instead of garlic powder.

**Prep Time:** 10 minutes

**Cooking Time:** 0 minutes

## Equipment:

peeler  
cutting board  
knife  
spoon  
measuring cups and spoons  
medium bowl

**Servings:** 6

**Serving Size:** 1/2 cup



**Nutrition Facts:** 35 Calories, 0 g Fat, 0 g Saturated Fat, 6 g Carbohydrates, 2 g Protein, 1 g Fiber, 4 g Sugar, 240 mg Sodium.

Check out our blog at [www.cookingoncampus.arizona.edu](http://www.cookingoncampus.arizona.edu) to find past recipes and a list of upcoming classes!  
For more info about nutrition and what to eat on campus, go to [www.health.arizona.edu](http://www.health.arizona.edu), click Health Promotion, then Nutrition.

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**Smart Moves**

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