



Creamy Cucumber Salad

Julie Andrews, Chef and Registered Dietitian Stride in the Kitchen

Cucumber and red onion salad with a creamy yogurt, vinegar, and dill dressing.

Prep time: 15 mins Cook Time: 0 mins Total Time: 15 mins

Serves 8

Ingredients:

½ cup (120 mL) plain Greek yogurt
2 tablespoons (30 mL) olive oil
2 tablespoons (30 mL) pickle juice (or white or apple cider vinegar)
2 tablespoons (30 mL) fresh dill, chopped
½ teaspoon (2.5 mL) garlic powder
¼ teaspoon (1.25 mL) coarse salt
¼ teaspoon (1.25 mL) ground black pepper
2 medium English cucumbers, thinly sliced
¼ medium red onion, peeled and thinly sliced

Instructions:

1. In a large bowl, whisk together yogurt, olive oil, lemon zest and juice, dill, garlic powder, salt and black pepper until combined.
 2. Fold in the cucumbers and onion until combined. Refrigerate at least 30 minutes.
- Cooking Tip:* Try white or apple cider vinegar instead of pickle juice for a lower sodium salad.

Nutrition:

Serving Size: 1/8 of recipe

Calories: 80

Sugar: 4g

Sodium: 476mg

Fat: 5g

Saturated Fat: 1g

Unsaturated Fat: 4g

Trans Fat: 0g

Carbohydrates: 8g

Fiber: 3g

Protein: 3g

Cholesterol: 2mg