



Greek Dill Cucumber Salad

6 Servings • 1 Serving = ½ Cup

INGREDIENTS

- 2 English cucumbers
- 1 Tablespoon fresh dill, chopped
- 1 clove garlic, minced
- 1 lemon, zested and juiced
- Freshly ground black pepper, to taste
- ½ cup nonfat plain Greek yogurt

DIRECTIONS

1. Peel the cucumber, cut in half length wise, slice into thin pieces, and place into large bowl.
2. Add the dill, garlic, lemon zest and juice, and pepper.
3. Toss with yogurt until it blends into a thin dressing.

Nutrition Facts	
6 servings per container	
Serving size	1/2 cup
Amount per serving	
Calories	15
	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 3g	1%
Dietary Fiber 1g	4%
Total Sugars 2g	
Includes 0g Added Sugars	0%
Protein 1g	
Vitamin D 0mcg	0%
Calcium 22mg	2%
Iron 6mg	0%
Potassium 113mg	2%
<small>*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	

Recipe developed by the San Antonio Food Bank



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