

Dilled Cucumber-Tomato Salad Salad of the Month June 2014



Make everyone smile! Serve up a cool veggie snack for a hot summer day.

Prep Time: 15 Min

Start to Finish: 15 Min

Makes: 5 servings (1/2 cup each)

INGREDIENTS

- 1/2 cup Fat Free plain yogurt
- 1 small clove garlic, finely chopped
- 1/2 teaspoon dried dill weed
- 1/4 teaspoon sugar
- 1/8 teaspoon salt
- 3 large plum (Roma) tomatoes, seeded, diced (1 1/2 cups)
- 1 medium cucumber, peeled, seeded and cubed (1 cup)

DIRECTIONS

1. In medium bowl, mix yogurt, garlic, dill weed, sugar and salt.
2. Fold in tomatoes and cucumber. Serve immediately.

Recipe Provides: Vegetables 1/2c

NUTRITION INFORMATION PER SERVING

Serving Size:	1 Serving	Calories:	30	Calories from Fat:	0
Total Fat:	0 g	Saturated Fat:	0 g	Trans fat :	0 g
Cholesterol:	0 mg	Sodium:	85 mg	Total Carbohydrate:	5 g
Dietary Fiber:	1 g	Sugars:	4 g	Protein:	2 g



This recipe is adapted from WWW.eatbetterearly.com