

## Cucumber Salad

### Ingredients:

- 1 cucumber
- 2 tablespoons nonfat yogurt
- 1 tablespoon vinegar
- 1 teaspoon dill weed
- 1 dash pepper

### Equipment:

- Cutting board
- Knife
- Vegetable peeler
- Small mixing bowl
- Measuring spoons
- Medium salad bowl

Number of Servings: 2  
 Prep Time: 5 minutes  
 Total Time: 30 minutes

### Directions

1. Wash cucumber, cut off both ends. Thinly slice cucumber. Add to salad bowl.
2. Mix together yogurt, vinegar and dill weed in mixing bowl. Pour over cucumber slices.
3. Stir until coated.
4. Chill.

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### Nutrition Facts

Serving Size: 1/2 cup			
Servings: 2			
Amount Per Serving			
<b>Calories 30</b>	Calories from Fat 0		
		%Daily Value*	
<b>Total Fat</b> 0g			<b>0%</b>
Saturated Fat	0g		<b>0%</b>
<b>Cholesterol</b>	0mg		<b>0%</b>
<b>Sodium</b>	15mg		<b>1%</b>
<b>Potassium</b>	279mg		<b>8%</b>
<b>Total Carbohydrate</b>	6g		<b>2%</b>
Dietary Fiber	1g		<b>4%</b>
<b>Protein</b>	2g		<b>4%</b>
Vitamin A	7%	Vitamin C	13%
Iron	6%	Calcium	5%

\*Percent Daily Values are based on a 2,000 calorie diet.

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