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

**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.

**Nutrition Facts**
- Serving Size: 1/2 cup  
- Servings: 2  
- Calories 30  
- Calories from Fat 0  
- Total Fat 0g  
- Saturated Fat 0g  
- Cholesterol 0mg  
- Sodium 15mg  
- Potassium 270mg  
- Total Carbohydrate 8g  
- Dietary Fiber 1g  
- Protein 2g  
- 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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