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## Creamy Yogurt Cucumber Salad Recipe

★★★★★

Yogurt subs in for sour cream in this healthy version of a favorite summer salad.

### Ingredients

- 1 cup non-fat plain Greek yogurt
- 3-4 seedless cucumbers sliced thinly
- 1/4 red onion thinly sliced and roughly chopped
- 1 clove garlic pressed or minced finely
- juice from 1/2 lemon
- 1/4 cup chopped fresh dill plus more for garnish
- 1/4 cup chopped fresh mint plus more for garnish
- 1 teaspoon kosher salt
- 1/2 teaspoon freshly ground black pepper

### Instructions

1. Toss the cucumbers and red onion in a medium to large bowl. Mix the yogurt, garlic, lemon juice, dill, mint, salt and pepper together in a small bowl then add to the cucumbers and toss to coat. Add more salt and pepper as desired and garnish with more mint and dill. Refrigerate for 1 hour before serving.

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