

Cucumber Dill Salad

Serve up a side of zesty crunch!

Ingredients

2 medium cucumbers
1 cup reduced fat sour cream
2 Tbls finely diced yellow onion
2 tsp fresh chopped dill
1 Tbls cider vinegar
Salt & pepper



Directions

1. Peel cucumbers. Slice off ends and discard. Slice in half lengthwise and again into half-moon slices.
2. Combine sour cream, diced onion, dill and cider vinegar in large bowl. Add cucumbers and toss to coat. Add salt & pepper to taste.
3. Refrigerate for 30 minutes to allow flavors to blend. Serve ice cold and garnish with fresh dill.

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Makes 4 servings

Nutrition Facts:

Calories 105

Total Fat 7g

Effective Carbohydrates 7g

Dietary Fiber 1g

Protein 3g

From The Good Carb Chef