

COLD CUCUMBER AND YOGURT SALAD

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"Plant a Row for the Hungry" Recipe Booklet

This refreshing side dish, chilled and flavored with either cumin or dill, is a nice as a relish or a salad.

Preparation: 20 min., 3 hours refrigeration

2 medium cucumbers

1 tsp. Salt

1 small onion, peeled and thinly sliced

1 tsp. Ground cumin or dill

8 ounces (1 cup) plain yogurt or sour cream

Score the cucumber skin with a fork until there's only a little of the dark green skin showing. Remove the ends. Slice the cucumbers as thinly as you can. Arrange the slices in layers in a large bowl, sprinkle with salt, cover, and refrigerate 2 to 3 hours. Drain the cucumber liquid, and use paper towel to take up the remaining moisture. Mix the cucumbers with the onion slices, cumin or dill, and the yogurt. Cover and chill until ready to serve (3 hrs.)

Serves 6