Lunch, Mediterranean

Crisp Cucumber Salad with Dill Yogurt Dressing

Crunchy cucumber rounds and sliced red onion get tossed with a tangy yogurt dressing, then finished with fresh dill and chopped pistachios for a refreshing chilled side.



Vegetarian | Gluten free

10 min	50	3 g	1 g
time	calories	carbs	sugars

Ingredients, 6 servings

- [ ] 2 med cucumber(s) (sliced into rounds)
- [ ] 1/4 med red onion (sliced)
- [ ] 2 tbsp fresh dill
- [ ] 2 tbsp pistachios (finely chopped)
- [ ] 2 tbsp plain nonfat Greek yogurt
- [ ] 1 tbsp olive oil
- [ ] 1 tbsp red wine vinegar
- [ ] 1/2 tsp salt
- [ ] 1/4 tsp black pepper

Method

- [ ] **1** Put the cucumber rounds, red onion slices, fresh dill, and finely chopped pistachios into a large bowl.
- [ ] **2** In a separate small bowl, whisk the Plain Nonfat Greek yogurt with the olive oil, red wine vinegar, salt, and black pepper until smooth.
- [ ] **3** Pour the yogurt dressing over the cucumber mixture and toss until everything is evenly coated.

Nutrition Facts

Per serving

Calories	**50**
Total fat	3.5 g
Saturated fat	0.5 g
Sodium	200 mg
Total carbs	3 g
Fiber	1 g
Total sugars	1 g
Protein	1 g

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