

Cucumber Salad

Yield 2 servings

Ingredients

1	cucumber (large, peeled and thinly sliced)
2 tablespoons	yogurt, low-fat
1 tablespoon	vinegar
1 tablespoon	vegetable oil
1 tablespoon	water
1 teaspoon	dill weed (optional)
1 dash	pepper (optional)

Instructions

1. Peel and thinly slice cucumber.
2. Mix all other ingredients in the mixing bowl.
3. Add cucumber slices and stir until coated.
4. Chill until serving.

Cost

Per recipe: \$0.90

Per serving: \$0.45

Source

Michigan State University Cooperative Extension Service, Eating Right is Basic Nutrition Education Program

Nutrition Facts

Serving Size 1 cup prepared salad,
1/2 of recipe (177g)
Servings Per Container 2

Amount Per Serving

Calories 90 **Calories from Fat 60**

% Daily Value*

Total Fat 7g **11%**

Saturated Fat 1g **5%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 15mg **1%**

Total Carbohydrate 4g **1%**

Dietary Fiber 1g **4%**

Sugars 3g

Protein 2g

Vitamin A 2% • Vitamin C 8%

Calcium 4% • Iron 2%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4