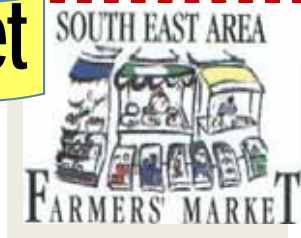


Meals from Your Market



Cucumber and Dill Pasta Salad

Ingredients:

- 2 c cooked 100% whole wheat macaroni (drained rinsed and cool to the touch)
- 2 c peeled/seeded/chopped cucumber
- 1 c chopped tomatoes
- 1 c low fat sour cream
- ½ c skim milk
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- ½ c skim milk
- 1 tbsp chopped fresh dill
- ½ tsp ground pepper
- ½ tsp salt
- 1 tbsp white vinegar

What to do:

- Mix in a small/medium bowl sour cream, milk, dill, vinegar, salt and pepper - creating a dressing.
- Mix together cucumbers, tomatoes and drained/rinsed pasta.
- Pour dressing over the cucumber, tomato and pasta mixture and thoroughly toss.
- Cover and chill for ~ 1 hour. Serve and enjoy!