

# Meals from Your Market

SOUTH EAST AREA



## Cucumber Yogurt Salad

### INGREDIENTS

- 2 cucumbers, peeled, quartered lengthwise, then sliced
- Plain yogurt, about 1 cup
- 1 teaspoon dried dill, or a couple of teaspoons of fresh dill
- Sprinkling of salt and pepper

### METHOD

First taste the cucumbers to make sure that they are not bitter. Depending on the variety of cucumber you are using, and many other factors, you may find a cucumber that is distinctly bitter in taste. If this happens, soak the cucumber slices in salted water for half an hour, or longer, until the bitterness is reduced, then rinse and drain before using. To make the salad, simply gently mix together the ingredients. Salt and pepper to taste. Yield: Serves 4.

*Recipe from Anja Mast, Kitchen Coach—GR*

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## Meals from Your Market

### Cucumber, Red Onion and Dill Salad

#### Ingredients:

- ¼ cup white-wine vinegar
- 2 tsp sugar
- ¼tsp salt
- 2 English cucumbers, peeled and cut in half lengthwise, sliced into half moons
- ½ red onion, thinly sliced
- 2 TBS chopped fresh dill

#### Directions:

1. In the bottom of a large bowl, whisk together the vinegar, sugar, and salt.
2. Toss in the cucumbers, red onions and fresh dill.
3. Cover and chill for at least 15 minutes.

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