



! GERMANY

German Cucumber Salad

Serving Size: 1/2 Cup Salad; Calories 60; Total Fat 3.8g; Sodium 20.9mg; Total Carbohydrate 6.1g; Dietary Fiber 1.6g; Sugars 0.7g; Protein 1.5g

Ingredients:

- 2 English cucumbers
- 3 tablespoons plain yogurt
- 2 tablespoons sugar
- 2 tablespoons apple cider vinegar or lemon juice
- 1 tablespoon olive oil
- 2 pinches salt
- Fresh ground pepper, to taste
- 2 strands fresh dill (or substitute with 2 teaspoons dried dill)

Equipment Needed:

- Large bowl
- Knife
- Cutting board

Prep Time

10 min

Total Time

1 hour 10 min

Servings

4



Instructions:



1. Thinly slice the English cucumbers and set aside.



2. In a large bowl, mix together the yogurt, sugar, apple cider vinegar, olive oil, salt, and pepper. Mix until sugar is dissolved.

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Instructions Continued:



3. Wash and finely cut the dill (or use dried dill).



4. Add the dill to the yogurt mixture and stir to combine.



5. Add cucumbers to the yogurt mixture and stir until the cucumbers are evenly coated.



6. Chill for one hour. Serve as a side salad or a snack.



Grab the family, take a photo of your dish, and share your culinary masterpiece on social media with **#FoodFun4H** **#Indiana4H**



Extension - Lawrence County

