

Cucumber & Yogurt Dip

1 c. plain yogurt
1/2 c. mayonnaise
2 sm. cucumbers
1 c. chopped parsley
1 clove garlic, minced or 1/4 tsp. garlic powder
1/2 tsp. salt
Dash pepper

Blend together yogurt and mayonnaise. Cut cucumbers in 1/3 inch lengthwise pieces. Remove seeds, if large. Chop cucumber to measure 1 1/2 cups. Add cucumbers and remaining ingredients to yogurt mixture. Blend and chill. Serve with vegetable dippers, crackers or as a topping for salad. Makes 2 cups.

Cucumber Vinaigrette Salad

1/2 c. water
2 tbsp. wine vinegar (or apple cider vinegar)
3 tbsp. oil
1 tsp. garlic powder
1 tsp. onion powder
1 tsp. lemon pepper
1/4 tsp. sugar
1 tsp. lemon juice
Salt to taste

Slice cucumbers thin. Slice quartered tomatoes thin, slice onions (quartered), thin purple onions are great, slice sweet green peppers (quartered), then pour vinaigrette over, make taste test. Chill and serve. Good with country meal or red beans or black-eyed peas, fried taters and cornbread.

Asinan (Sweet and Sour Cucumber Salad)

3 large cucumbers
1 Onion, med
1 Thai chile
dressing
1/4 cup of white vinegar
1/4 cup of oil
1/2 teaspoon of salt
2 teaspoons of sugar
1/2 teaspoon of garlic powder

Calories per serving: 168 Fat grams per serving: 1 Approx. Cook Time: 4:00 Peel and thinly slice the cucumbers. Slice the onion thinly. Seed and thinly slice the chile. Put the cucumber slices in a shallow bowl, arrange the onion slices on top and sprinkle with the chile slices. Combine all the ingredients with the dressing, mixing well. Taste and adjust seasoning with salt. Pour the dressing over the onions and cucumbers and refrigerate a few hours or overnight if possible to allow flavors to blend. Yields: 4