



cucumber dip

- 1 medium cucumber
- 1 cup low-fat plain Greek yogurt
- 1/4 teaspoon salt
- 1/4 teaspoon garlic powder
- 1 tablespoon finely chopped onion

Step 1 Grate cucumber and place on paper towel. Squeeze out extra moisture.

Step 2 Mix all ingredients together in a bowl and chill.

Spread on grilled hamburgers or chicken sandwiches for a **fresh summer flavor**.

Or a yummy dip with raw veggies.



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