



## cucumber dip

- 1 medium cucumber
- 1 cup low-fat plain Greek yogurt
- <sup>1</sup>/<sub>4</sub> teaspoon salt
- <sup>1</sup>/<sub>4</sub> 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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## cucumber dip

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

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