

Cucumber Salad Recipe

Ingredients:

3 cups thinly sliced peeled English cucumbers
Salt
1/2 cup thinly sliced red onions
1/3 cup all-natural plain yogurt
1 tsp sugar
1 tbsp fresh lemon juice
¼ cup diced tomato
1 tbsp fresh chopped mint

Cucumber Salad Directions:

Peel your English cucumbers and slice them into thin rounds.

Place one layer of cucumbers into a colander and then sprinkle a bit of salt over top. Add another layer with another sprinkle and so on. Let this sit for 30 minutes in the sink to drain excess moisture.

In the meantime, thinly slice some red onions. As you slice them, place them into a bowl full of water so they can mellow.

Dressing Directions:

Start with all-natural yogurt. Add sugar, lemon, finely diced tomatoes and finely chopped mint.

Whisk until combined.

Combine everything into a salad bowl and gently toss.