Dilly Cucumber Salad
Makes 6 servings

Ingredients:
- 2 medium cucumbers, peeled and thinly sliced
- ¾ cup nonfat sour cream
- 1 small clove garlic, minced
- 1 teaspoon sugar
- ¼ teaspoon salt
- ¼ teaspoon dried dill weed
- 1 tablespoon low-fat milk (optional)

Directions:
1. Place cucumbers in a bowl. Set aside.
2. Thoroughly blend together sour cream, garlic, sugar, salt and dill weed with a wire whip. If mixture is too thick, 1 tablespoon of milk may be added.
3. Pour sour cream mixture over cucumbers. Chill.

Source: Broome County Cornell Cooperative Extension

Nutrition Facts
6 servings per container
Serving size 1/6 of recipe (136g)

Amount per serving
Calories 45
% Daily Value*
Total Fat 0g 0%
Saturated Fat 0g 0%
Trans Fat 0g 
Cholesterol 5mg 2%
Sodium 150mg 7%
Total Carbohydrate 9g 3%
Dietary Fiber 1g 4%
Total Sugars 6g 
Includes 1g Added Sugars 2%
Protein 3g

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

0% calories from fat

Recipe analyzed using The Food Processor® Nutrition Analysis Software from ESHA Research, Salem, Oregon.

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