

# Cool Cucumber Salad

Cucumbers are a great diet food because they inherently have a lot of water. In fact they are composed of 95% water. This recipe is a twist on a Polish cucumber salad "mizerja" that I loved eating while growing up. Typically it is made with sour cream or whipping cream but here I substitute all that richness with equally delicious Balkan style yoghurt. Much less fat and still a delicious creamy texture and taste.

**SERVES 2**

## **INGREDIENTS**

½ English cucumber, chopped into very thin slices (5 oz)  
1 cup 3% Balkan style yoghurt  
10 mint leaves, torn into pieces  
freshly ground black peppe

**Preparing yoghurt.** It can be done 1 hour ahead or a few days ahead. Drape 2 paper towels over a large cup, place plastic elastic over the cups circumference so the paper towels are firmly in place. Place 1 cup of yoghurt on top of the paper towels. Place the cup back in the fridge and let the whey drain out from the yoghurt.

When ready to eat. Cut cucumber into thin slices. Use a knife or a mandolin.

To a large bowl add yoghurt, now it will be reduced in size, to about ½ cup or less. Season with a dash of salt and pepper plus add torn mint leaves. Leave a few leafs for garnish. Mix everything together.

Add cucumber to the mixture, gently coat it with yoghurt and enjoy.

This salad can be fully prepared ahead of time, put it in the fridge and serve it later that day or the next day.

## **TIP DU JOUR:**

**Proactive clean-up tip.** In preparing yoghurt, I like to put the cup with paper towels and yoghurt into a large bowl because typically all of the paper towels get absorbed with whey and it drips onto the fridge. I don't like to clean up the fridge unless its time to clean up the fridge.

Here I use whole milk yoghurt, Balkan style. I really like its texture and natural flavour. However you can substitute with lower fat content plain yoghurt.

## **Data per serving.**

|               |       |             |          |
|---------------|-------|-------------|----------|
| Calories      | 37.6  | Sodium      | 138.8 mg |
| Protein       | 2.1 g | Cholesterol | 5.9 mg   |
| Total Fat     | 1.6 g | Fiber       | 0.6 g    |
| Carbohydrates | 4.3 g |             |          |

Nutritional data compiled from the United States Department of Agriculture National Nutrient Database. Reliance on the information shall be at your sole risk.

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