

# Cucumber Salad



**Yields 2 Servings**

## INGREDIENTS

- 1 cucumber, peeled and sliced
- ½ small onion, sliced thin
- 1 Tbsp. lemon juice
- ½ cup non-fat plain Greek yogurt
- 1 Tbsp. fresh dill
- Dash salt and pepper to taste

## DIRECTIONS

1. Add all ingredients to a bowl and toss together. Let sit for 20-30 minutes refrigerated before serving.

## NUTRITIONAL CONTENT:

70 calories, 0gm fat, 20mg sodium, 10gm carbohydrate, 2gm fiber, 8gm protein