

CREAMY CUCUMBER SALAD



INGREDIENTS

- 3 large cucumbers, thinly sliced (about 7½ cups)
- 1/2 cup thinly sliced red onion
- 1 cup 1% low-fat cottage cheese
- 3 tablespoons white vinegar
- 2 tablespoons thinly sliced fresh chives
- 2 tablespoons chopped fresh dill, plus fronds for garnish
- 1/8 teaspoon salt
- 1/4 teaspoon ground pepper

DIRECTIONS

1. Toss sliced cucumbers and sliced onion together in a large bowl.
2. Combine cottage cheese, white vinegar, fresh chives, fresh dill, salt and pepper in a blender; process until smooth and thick, about 1 minute.
3. Transfer to the bowl with cucumbers and onions and stir until well coated. Garnish with dill fronds, if desired



Serves: 4	Serving Size: 2 cups	Calories: 88
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Recipe courtesy of eatingwell.com