

cucumber-yami yogurt sauce

classic cucumber-yogurt dressing—use it on sandwiches and wraps, or as a dip

Yield: about 1 1/2 cups

ingredients:

1 c plain lowfat Yami yogurt
1 medium cucumber
1 tbsp fresh lime juice
1 tbsp chopped fresh mint leaves
2 tsp sugar
1/4 tsp salt

preparation:

Peel, seed and finely chop the cucumber. In a medium-size bowl, combine yogurt, cucumber, lime juice, mint, sugar and salt.

Transfer sauce to serving bowl; cover and refrigerate until ready to serve.

Note: for a different taste, omit the sugar. To the other ingredients, add a clove of roasted minced garlic (or more to taste), and 1/2 tsp of crushed dried dill. Cover and refrigerate to allow flavors to blend.

Yami[®]
yogurt