



# CREAMY CUCUMBER SALAD

**PREP TIME:** 10 minutes

**SERVING SIZE:** 1 cup

**COOK TIME:** 0 minutes

**SERVES:** 2

## INGREDIENTS

- 1/2 cup non-fat Greek yogurt
- 1/2 teaspoon Dijon mustard
- 1 tablespoon white vinegar or other vinegar of choice
- 1 tablespoon low-fat milk
- 1/4 teaspoon salt
- 1/4 teaspoon black pepper
- 1 medium cucumber, sliced (about 2 cups)
- 1/2 cup red onion, chopped



## PREPARATION

1. In a medium bowl, whisk together the non-fat Greek yogurt, Dijon mustard, white vinegar, low-fat milk, salt, and black pepper.
2. Add sliced cucumbers and chopped onion; toss until thoroughly coated.
3. May eat immediately or cover and refrigerate for at least 1 hour.

## ADAPTED FROM

theblondcook.com

Recipe modified by CHOICES Nutrition Education Program

Need meal ideas? Visit our recipe database!

[www.centraltexasfoodbank.org/recipes](http://www.centraltexasfoodbank.org/recipes)

## Nutrition Facts

|                              |                     |
|------------------------------|---------------------|
| 2 servings per container     |                     |
| <b>Serving size</b>          | <b>1 cup (199g)</b> |
| <b>Amount per serving</b>    |                     |
| <b>Calories</b>              | <b>60</b>           |
| <b>% Daily Value*</b>        |                     |
| <b>Total Fat</b> 0g          | <b>0%</b>           |
| Saturated Fat 0g             | <b>0%</b>           |
| Trans Fat 0g                 |                     |
| <b>Cholesterol</b> 0mg       | <b>0%</b>           |
| <b>Sodium</b> 300mg          | <b>13%</b>          |
| <b>Total Carbohydrate</b> 9g | <b>3%</b>           |
| Dietary Fiber 1g             | <b>4%</b>           |
| Total Sugars 5g              |                     |
| Includes 0g Added Sugars     | <b>0%</b>           |
| <b>Protein</b> 5g            |                     |
| Vitamin D 0mcg               | 0%                  |
| Calcium 78mg                 | 6%                  |
| Iron 0mg                     | 0%                  |
| Potassium 268mg              | 6%                  |

\*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.



This institution is an equal opportunity provider. Rev 7/18  
This material was funded in part by USDA's Supplemental Nutrition Assistance Program – SNAP.



# ENSALADA CREMOSA DE PEPINO

**TIEMPO DE PREPARACIÓN:** 10 minutos

**TIEMPO PARA COCINAR:** 0 minutos

**TAMAÑO DE PORCIÓN:** 1 blanket

**PORCIONES:** 2

## INGREDIENTES

- ½ taza yogur griego sin grasa
- ½ cucharadita de mostaza Dijon
- 1 cucharada de vinagre blanco u otro vinagre favorito
- 1 cucharada de leche bajo en grasa
- ¼ cucharadita de sal
- ¼ cucharadita de pimienta negra
- 1 pepino mediano, rebanado (aproximadamente 2 tazas)
- ½ taza de cebolla morada, picada



## PREPARACIÓN

- En un tazón mediano, mezcle el yogur griego, la mostaza de Dijon, el vinagre, la leche, la sal y la pimienta negra.
- Agregue los pepinos rebanados y la cebolla picada; mezcle hasta que esté completamente recubierto.
- Puede servir inmediatamente o cubrir y refrigerar por lo menos 1 hora.

## ADAPTADA DE

theblondcook.com

Receta modificada por CHOICES Programa Educativo de Nutrición

¿Necesita ideas para platillos? ¡Visite nuestro catálogo de recetas!

[www.centraltexasfoodbank.org/recipes](http://www.centraltexasfoodbank.org/recipes)

## Nutrition Facts

|                              |                     |
|------------------------------|---------------------|
| 2 servings per container     |                     |
| <b>Serving size</b>          | <b>1 cup (199g)</b> |
| <b>Amount per serving</b>    |                     |
| <b>Calories</b>              | <b>60</b>           |
| <b>% Daily Value*</b>        |                     |
| <b>Total Fat</b> 0g          | <b>0%</b>           |
| Saturated Fat 0g             | <b>0%</b>           |
| Trans Fat 0g                 |                     |
| <b>Cholesterol</b> 0mg       | <b>0%</b>           |
| <b>Sodium</b> 300mg          | <b>13%</b>          |
| <b>Total Carbohydrate</b> 9g | <b>3%</b>           |
| Dietary Fiber 1g             | <b>4%</b>           |
| Total Sugars 5g              |                     |
| Includes 0g Added Sugars     | <b>0%</b>           |
| <b>Protein</b> 5g            |                     |
| Vitamin D 0mcg               | 0%                  |
| Calcium 78mg                 | 6%                  |
| Iron 0mg                     | 0%                  |
| Potassium 268mg              | 6%                  |

\*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.



Esta institución ofrece igualdad de oportunidades. Rev 7/18

Este material fue financiado en parte por el programa del USDA – SNAP en inglés