

## Dill Cucumber Sauce

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This sauce is delicious served with fish and is a great way to use summer's abundant supply of cucumbers. It is especially tasty with salmon. Other uses include as a vegetable dip and as a topping for baked potatoes. Using nonfat Greek yogurt for the base adds calcium and helps keep the calories down.

### Ingredients:

- 1/2 cup nonfat Greek yogurt
- 3 tablespoons reduced fat mayonnaise
- 1 cucumber (peeled, with seeds removed), finely chopped
- 1 tablespoon sweet onion, finely chopped
- 1 tablespoon chopped fresh dill or 1 teaspoon dried dill
- 1 garlic clove, minced
- 1/2 teaspoon sugar
- Freshly ground pepper, to taste

### Directions:

1. Mix all ingredients together.
2. Refrigerate for about 1 hour to allow flavors to blend.

*Makes about 4 servings*

### Alice's Tips:

- A quick way to remove the seeds from the cucumber is to cut it in half and scoop them out with the tip of a teaspoon-size measuring spoon.

