

## Jajic (Middle Eastern Cucumber Salad)

6 servings

Jajic is a popular cucumber yogurt salad, widely prepared in Middle Eastern countries. It is very similar to yogurt-based salads or dips such as cacik, tzatziki, or raita. It is often served with rice and grilled meat dishes.

- 3-5 Persian cucumbers OR 1 large cucumber, scrubbed with clean vegetable brush under running water, chopped\*
  - 2 Tablespoons fresh mint, gently rubbed under running water, finely chopped OR 2 teaspoons dried mint
  - ¼ cup fresh dill, gently rubbed under running water, finely chopped\*
  - 1 cup plain non-fat greek yogurt
  - 2 garlic cloves, minced
  - ½ teaspoon salt (optional)
1. Wash hands with soap and water.
  2. Combine all ingredients in a medium sized bowl. Refrigerate until serving.
  3. Serve chilled with meat and fish dishes, or as a dip with pita bread.
  4. Store leftovers in a sealed container in the refrigerator for up to four days.

### Notes:

\*To serve the salad as a dip, grate cucumbers instead of chopping.

\*\*Substitute or add more fresh herbs to taste, such as parsley, cilantro, or chives.

**Nutrition Information per Serving (1/3 cup):** Calories 30, Total Fat 0g, Saturated Fat 0g, Cholesterol 0mg, Sodium 15mg, Total Carbohydrates 4g, Fiber 0g, Total Sugars 2g, includes 0g Added Sugars, Protein 4g, Vitamin D 0%, Calcium 4%, Iron 0%, Potassium 2%.

