



## Creamy Cucumber Dill Salad



1/4 of recipe (about 1 1/4 cups): 62 calories, 1.5g total fat (0.5g sat. fat), 319mg sodium, 9.5g carbs, 1g fiber, 5.5g sugars, 3.5g protein

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**Prep:** 10 minutes



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### Ingredients

1/3 cup fat-free plain Greek yogurt  
1/4 cup light sour cream  
1 1/2 tbsp. fresh chopped dill, or more for topping  
1 1/2 tbsp. white vinegar  
1 packet natural no-calorie sweetener  
1/2 tsp. garlic powder  
1/2 tsp. salt  
1/4 tsp. black pepper  
5 cups thinly sliced seedless cucumbers  
1/2 cup chopped red onion

### Directions

In a large bowl, combine all ingredients except cucumbers and onion. Mix until uniform.

Add cucumbers and onion. Mix well.

MAKES 4 SERVINGS

**HG Tip:** For even more flavor, allow salad to marinate in the fridge for at least 15 minutes.

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