



## Syrian Cucumber-Yogurt-Mint Dressing

By Jennifer Abadi

The combination of yogurt with cucumbers and mint makes this sauce very healthy and refreshing, especially in the hot summer months. You can make a full meal by serving on top of a rice dish or spinach and cheese pie, and if you add a little water, it even tastes great as a cold soup!

**Yields: 3 cups**

**Prep Time: 5 minutes**

**Cook Time: None**

**Storage: Refrigerate for up to 3 days.**

**Type of Dish: Sauces & Condiments**

### Ingredients

- 2 cups plain yogurt
- 1 heaping tablespoon dried mint leaves
- dash of garlic powder
- salt
- 1 cup kirby cucumber, peeled and finely chopped or coarsely grated, excess water drained

### Instructions

Place the yogurt in a small bowl and stir until creamy.

Add the dried mint by crushing it between the palms of your hands. Add the garlic powder and 1/4 teaspoon of salt and mix well.

Fold the cucumber into the mixture, taste and add more salt if necessary, cover, and chill until serving time.