

Yogurt-Mint Cucumber Salad

From Cooks Illustrated

Ingredients:

3 Cucumbers (2 lbs) - peeled, halved lengthwise, seeded and sliced $\frac{1}{4}$ " thick
1 small red onion - sliced very thin
Salt and pepper
1 cup plain low-fat yogurt
2 tbsp extra-virgin olive oil
 $\frac{1}{4}$ cup minced fresh mint
1 garlic clove - minced finely
 $\frac{1}{2}$ tsp ground cumin

Directions:

1. Whisk yogurt, oil, garlic and cumin together. Add salt and pepper to taste.
2. Toss in onions and cucumbers and chill.
3. After chilled, plate and serve.

Note: Original recipe calls for salting the cucumbers and place in a colander and let drain for 1 - 3 hours to remove water. This step is omitted for sake of time for the Cooking Club.