



# Cucumber Yogurt Salad with Fresh Mint, Lemon and Olive Oil

by George Zikos

## Ingredients (Serves 2)

- 1/2 cup Greek Yogurt
- 1/2 English cucumber, washed (leave the peel on)
- 1 Tbsp fresh mint, washed and chopped
- 1/4 tsp salt
- Juice of 1/2 lemon
- 2 Tbsps extra virgin olive oil

## Directions

1. Spread yogurt evenly on a plate.
2. Slice the cucumber into small pieces. Mound up on top of the yogurt.
3. Sprinkle the fresh mint over the cucumber and yogurt.
4. Next, sprinkle salt, squeeze lemon juice, and drizzle olive oil onto the cucumbers and yogurt.
5. Serve immediately! Enjoy!