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Prevent and Protect
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HERBY CUCUMBER SALAD

Serves 6

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- ¼ cup plain low-fat yogurt
- 2 tablespoons coarsely chopped fresh dill
- 1 tablespoon coarsely chopped fresh parsley
- 2 tablespoons fresh lemon juice
- 1 tablespoon extra-virgin olive oil
- 1½ teaspoons coarsely chopped mint
- 2 teaspoons Dijon mustard
- ¼ teaspoon sugar
- ¼ teaspoon salt
- ¼ teaspoon freshly ground black pepper
- 1 garlic clove
- 5½ cups thinly sliced cucumber (about 2 large)
- 2½ cups thinly sliced red onion

- Combine the first 11 ingredients in a food processor or a blender, and process until well blended.
- Combine the cucumber and onion in a large bowl.
- Drizzle with yogurt mixture, and toss to coat.