

Can't Miss Cucumber Salad

This cool, creamy salad is lighter than other versions with sour cream. It's a great addition to summer cookouts.

Recipe by Lucas Steward | Created on **Mar 9, 2022**

Ingredients

- 1 large English cucumber, thinly sliced
- salt and pepper to taste
- 1 small onion, diced
- 2 cups nonfat plain yogurt
- 1 tablespoon garlic powder
- 2 tablespoons grated Parmesan cheese

Directions

- Arrange cucumber slices in a single layer in the bottom of a bowl. Sprinkle with salt and pepper. Add a layer of onions, and top with a layer of yogurt. Continue layering all the remaining cucumbers, onions, and yogurt this order. Top off with a final layer of yogurt. Sprinkle with garlic powder, and parmesan cheese.
- Cover and refrigerate for 1 hour before serving.

Nutrition Facts

Serving: **6 servings** | Calories: **69.2 kcal** | Carbohydrates: **10.1 g** | Protein: **6 g** | Saturated fat: **0.4 g** | Cholesterol: **3.1 mg** | Sodium: **90.1 mg** | Fiber: **0.6 g** | Sugar: **7.9 g**

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