

# Radish and Cucumber Salad

Crisp cucumbers, radishes, creamy yogurt and flavorful garlic make this the perfect summer salad.

Makes: 6 Servings  
 Prep Time: 10 minutes  
 Chill Time: 15 minutes

Source: <https://foodhero.org/recipes/radish-and-cucumber-salad>

## Ingredients

- ¼ cup nonfat plain yogurt
- ¼ teaspoon garlic powder
- ¼ teaspoon each salt and black pepper
- 1 bunch radishes (about 10), thinly sliced
- 1 cucumber, cut into thin rounds

## Directions

1. Wash hands with soap and water.
2. Rinse or scrub fresh vegetables under running water before preparing.
3. In a large bowl, mix together yogurt, garlic, salt and pepper. Add radishes and cucumber and stir to combine.
4. Cover and refrigerate for at least 15 minutes before serving.



Small Changes,  
 BIG Difference!



## Nutrition Information

Serving Size: ¼ cup	
Nutrients	Amount
Calories:	20
Total Fat:	0g
Saturated Fat:	0g
Cholesterol:	0mg
Sodium:	120mg
Total Carbohydrates:	4g
Dietary Fiber:	1g
Total Sugars:	2g
Added Sugars:	0g
Protein	1g

## Utensils Needed

- Large bowl w/lid
- Cutting board
- Sharp knife
- Mixing spoon
- Measuring spoons
- Measuring cups
- Small bowl

# SHOPPING LIST

Average total cost without oil and seasonings: \$5.64

Average cost/serving: \$0.94

Makes: 6 Servings

Note: The below list of ingredients is a suggestion. Similar ingredients may be purchased based on preference, diet restrictions, budget and location.

## Ingredients



Add 1 to Cart  
Bunch radishes



Add 1 to Cart  
Cucumber



Add 1 to Cart  
6 oz non-fat plain yogurt



## SAVE TIME, SAVE MONEY

## My Cooking Notes

### Chef's Notes

- Try adding more seasonings such as onion powder or dill.
- Refrigerate leftovers within 2 hours.

### Similar Recipes

- Veggie Wraps
- Simple Mexican Cucumber Salad

