

Creamy Cucumber Fennel Salad

From American Institute for Cancer Research

<http://www.aicr.org/health-e-recipes/2016/creamy-cucumber-fennel-salad.html>

Ingredients

- 1 container (5-6 oz.) plain low-fat Greek yogurt
- 2 tsp. apple cider vinegar
- 1/8 tsp. salt or to taste
- Freshly ground black pepper to taste
- 2 cups thinly sliced English cucumber*
- 1 small or 1/2 large fennel bulb, cut into quarters, cored, thinly sliced crosswise (about 1 cup)
- 3 Tbsp. coarsely chopped fennel fronds, divided

Directions

In medium bowl, whisk together yogurt, vinegar, salt and pepper.

Add cucumber, fennel and 2 tablespoons fronds and toss to coat.

Transfer to serving dish and garnish with remaining fennel fronds. Serve immediately or refrigerate until serving.

*If using large English cucumbers, cut in half lengthwise before slicing.

Makes 4 servings. Yield about 3 cups.

Nutritional Information per serving

Calories: 44	Dietary Fiber: 1 g
Total Fat: 0 g	Sodium: 109 mg
Saturated Fat: 0 g	Protein: 5 g
Cholesterol:	Carbohydrates: 7 g