

*Yogurt and Cucumber Salad*

4 cups yogurt (I used Trader Joe's non-fat Greek Yogurt)

2 slim cucumbers - peeled, cut in half, de-seeded, and sliced in 1/8" half moons

1/2 clove garlic

1/2 teaspoon salt

1 Tablespoon dried mint (I used fresh peppermint from my garden)

In a bowl (or with a mortar and pestle) mash the garlic and salt together to make a paste. Mix with the yogurt thoroughly. Add the cucumbers and the mint. Mix to combine. Refrigerate at least one hour. Serve cold.