



Refreshing Cool Cucumber Salad

Crisp smooth trio of cucumbers, avocados, and zucchini

- 2 mini cucumbers, sliced
- 1 medium zucchini, halved lengthwise, then sliced
- 1 teaspoon salt
- 2 Tablespoons plain Greek yogurt
- 2 Tablespoons mayonnaise
- 1 Tablespoon lime juice
- 1/4 teaspoon (each) ground cumin; coriander
- 2 Tablespoons minced sundried tomato pieces
- 1 teaspoon minced jalapeno peppers
- 1/8 teaspoon (each) salt; ground black pepper or to taste
- 2 mini cucumbers, thinly sliced
- 1 avocado, peeled, seeded, chopped
- 2 to 4 Tablespoons rough chopped fresh cilantro leaves or oregano sprigs

Soften Cucumbers and Zucchini: Place sliced mini cucumbers and zucchini slices in microwave safe bowl; toss with salt to coat; place covered in microwave oven; cook on high 1 minute; stir; cook covered 1 minute longer. Remove from microwave. Drain liquid from bowl; lightly rinse; drain; pat dry with paper towels. Set aside.

Prepare Salad Dressing: In medium bowl, combine yogurt, mayonnaise, lime juice, ground cumin, ground coriander, sundried tomatoes, and minced jalapeno peppers. Season with salt and black pepper to taste. Set aside to chill in refrigerator.

Add Finishing Ingredients: Remove bowl from refrigerator; Gently stir in crisp fresh sliced cucumbers, diced avocado, and fresh cilantro leaves as desired. Garnish salad with additional cilantro or oregano leaves as desired. Yield: Serves: 4 to 6

About the Recipe: The textures of this salad are amazing, some soft, some crisp, some buttery, some crunchy. However, like a wonderful piece of music, they swirl together in a creamy salad dressing, creating a perfect partner salad for a hot and spicy barbecue entrée.