

Yogurt Cucumber Sauce

By: Dottie Baltz

To make the sauce nice and smooth, I like to put all the ingredients in my Magic Bullet blender and pulse it for a few seconds.

Serves 6

- ~ 1/4 cup plain non-fat yogurt
- ~ 1/4 cup non-fat sour cream
- ~ 1/2 of a whole seeded cucumber, finely diced
- ~ 1/4 teaspoon lime juice
- ~ 1/4 garlic powder
- ~ salt and pepper to taste

Put the cucumber in a colander and sprinkle with salt. Allow the cucumber to drain for 15 minutes. Combine all ingredients and chill in the refrigerator for at least an hour before serving.

To change things up a bit, add 2 tablespoons of fat-free or reduced fat feta to the mixture.