

# Radish and Cucumber Salad

## Ingredients

- ¼ cup nonfat **plain yogurt**
- ¼ teaspoon **garlic powder**
- ¼ teaspoon *each* **salt** and **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.
5. Refrigerate leftovers within 2 hours.

## Notes

- Try adding more seasonings such as onion powder or dill.

