

Cucumber and Celery Salad



Ingredients:

- 1/3 cup nonfat plain yogurt
- 1 tablespoon lemon juice
- 1/4 teaspoon salt
- 1/4 teaspoon pepper
- 2 cucumbers, cut into bite-sized pieces
- 2 stalks celery, thinly sliced
- 1/4 cup flat-leaf parsley, chopped

Directions:

1. Whisk yogurt, lemon juice, salt and pepper together.
2. Add cucumbers, celery, and parsley, and toss to combine.
3. Refrigerate until ready to serve.

Makes 4 servings.



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