

CUCUMBER DRESSING



SERVING SIZE



INGREDIENTS

ITEM	QUANTITY	ITEM	QUANTITY
Medium Cucumber, Seeded and Partially Peeled	1	Salt	¼ tsp.
Fresh Squeezed Lemon Juice	¼ cup	Black Pepper	⅛ tsp.
Garlic Cloves	1-2	Fresh Herbs (One or More of Dill, Parsley, or Basil Are Good Choices)	¼ cup
Olive Oil (Optional)	¼ cup	Small Red or White Onion	¼
Filtered Water or Oil Free Version	¼ cup or ½ Cup		



PREPARATION

- Cut the cucumber in half lengthwise, and using a spoon, scoop out and discard the seeds.
- Partially peel the cucumber to your preference leaving some skin on adds texture and color. Chop the cucumber into chunks.
- In a food processor, combine the cucumber chunks, fresh lemon juice, garlic cloves, olive oil (if using), filtered water, salt, and black pepper.
- Add the fresh herbs and onion pieces to the mixture.
- Blend all the ingredients until the mixture is smooth and has a creamy consistency.
- Taste and adjust the seasoning as needed, adding more lemon juice, salt, or pepper to suit your taste.
- You can chill the dressing in the refrigerator for about 30 minutes before serving to enhance the flavors.
- Enjoy!