

NYBG

EDIBLE ACADEMY
FRESH FROM THE GARDEN TASTINGS



CREAMY CUCUMBER SALAD

A Family Garden favorite, inspired by Ina Garten
Serves 8

Ingredients

4 cucumbers, thinly sliced (3–4 pounds)
2 small red onions, thinly sliced into half-rounds
365 Everyday Value® Kosher Sea Salt, on hand
4 cups (32 ounces) Whole Foods Market Organic Greek Yogurt
(whole milk preferable)
1 cup (8 ounces) 365 Everyday Value® Organic Sour Cream
2 tablespoons champagne vinegar or 365 Everyday Value®
Organic White Distilled Vinegar
½ cup minced fresh dill
1 ½ teaspoons 365 Everyday Value® Organic Ground Black
Pepper

Instructions

Mix the cucumbers, red onion, and 1 1/2 tablespoons of salt in a bowl. Pour them into a colander and suspend it over a bowl. Wrap the bowl and colander with plastic wrap, and place in the refrigerator to drain for at least four hours or overnight. Discard the liquid that collects in the bowl. Pour the yogurt into a sieve lined with a paper towel and suspend over another bowl. Wrap the bowl and sieve in plastic wrap and refrigerate for at least four hours or overnight. Discard the liquid that collects in the second bowl. When the cucumbers are ready, roll them up in paper towels or a kitchen towel and press the towel lightly to remove most of the liquid. Place the cucumbers and yogurt in a large bowl with the sour cream, vinegar, dill, 2 teaspoons salt, and the pepper. Toss well and refrigerate for a few hours to allow the flavors to blend. Sprinkle with ½ teaspoon salt and ½ teaspoon pepper and serve chilled.

365 Everyday Value® products are found exclusively at Whole Foods Market.

Sponsors

**MetLife
Foundation**



In affiliation with

**LET'S
MOVE!** Museums & Gardens