

# Cool and Creamy Cucumber Salad



A cool side dish perfect for hot summer days, using sweet bell peppers instead of onions for those like me who don't care for onions!

**Prep:** 15 mins

**Additional:** 4 hrs

**Total:** 4 hrs 15 mins

**Servings:** 8

**Yield:** 8 servings



## Ingredients

4 English (seedless) cucumbers, thinly sliced

2 green bell peppers, cut into thin matchsticks

1 (32 ounce) container plain yogurt

1 cup sour cream

2 tablespoons apple cider vinegar

½ cup chopped fresh dill, or more to taste

1 tablespoon salt

2 teaspoons ground black pepper

## Directions

- Step 1** Place cucumbers and bell peppers into a colander and allow liquid to drain for 4 hours. While vegetables are draining, place yogurt into a separate colander lined with paper towels and let stand for 4 hours to allow excess whey to drain from the yogurt.
- Step 2** Combine cucumbers, bell peppers, thickened yogurt, sour cream, vinegar, dill, salt, and black pepper in a large salad bowl; chill before serving.

## Nutrition Facts

**Per Serving:** 153 calories; protein 6.6g; carbohydrates 11.2g; fat 9.8g; cholesterol 27.2mg; sodium 941.3mg.