

Cucumber Yogurt Salad



INGREDIENTS

1. 1 large cucumber
2. 1 clove garlic
3. 1/2 teaspoon salt
4. 1 quart yogurt
5. 1 tablespoon dried mint

Method:

1. Peel and dice cucumber.
2. Mash garlic with salt and add to yogurt.
3. Add cucumber.
4. Garnish with mint.