

Cucumber Salad with Dill

Ingredients

1 cucumber, thinly sliced into rounds
1 tablespoon cider vinegar
1 tablespoon chopped fresh dill
Salt and pepper

Directions

In a medium bowl, toss together cucumber, vinegar and dill. Add salt and pepper, to taste. Serve cold.

Tzatziki - Cucumber Yogurt Dip

Ingredients:

3 tbsp. olive oil
1 tbsp. vinegar
2 cloves garlic, minced finely
1/2 tsp. salt
1/4 tsp. white pepper
1 cup Greek yogurt, strained
1 cup sour cream
2 cucumbers, peeled, seeded and diced
1 tsp. chopped fresh dill

Preparation:

Combine olive oil, vinegar, garlic, salt, and pepper in a bowl. Mix until well combined. Using a whisk, blend the yogurt with the sour cream. Add the olive oil mixture to the yogurt mixture and mix well. Finally, add the cucumber and chopped fresh dill. Chill for at least two hours before serving.

Garlic Dill Refrigerator Pickle: *Makes 3 pints*

2 pounds cucumbers
1 1/2 cups apple cider vinegar
1 1/2 cups water
2 tablespoons pickling salt
6 garlic cloves, peeled (2 per jar)
1/4 teaspoon crushed red pepper per jar (3/4 teaspoons total)
1 teaspoon dill seed per jar (3 teaspoons total)
1/2 teaspoon black peppercorns per jar (1 1/2 teaspoons total)

-Wash and slice the cucumbers.

-In a large saucepot, combine vinegar, water and salt. Bring to a simmer.

-Arrange jars on counter and dole out the spices to each. Pack the cucumber slices firmly into the jars. You don't want to damage the cucumbers, but you do want them packed tight.

-Pour the brine into the jar, leaving approximately 1/2 inch headspace.

-Tap jars gently on countertop to dislodge any trapped air bubbles.

-Apply lids and let jars cool. When they've returned to room temperature, place jars in refrigerator. Let them sit for at least 48 hours before eating.

Cucumber Greek Salad

- 2 cucumbers, peeled and chopped into ¼ moons
- 4-6 Roma tomatoes, chopped
- ½ of a red onion, sliced
- ¼ cup olive oil
- 1½ Tablespoons lemon juice
- 2 teaspoons dried oregano
- ½ cup crumbled feta cheese
- Salt and Pepper (to taste)
- Black olives, pitted and sliced (to taste)

1. In a large bowl, combine cucumbers, tomatoes, and onions.
2. In a smaller bowl, mix the olive oil, lemon juice, and dried oregano. Pour over the vegetables and mix well. Season salad with salt and pepper.
3. Sprinkle feta cheese and olives over the top of salad and mix. Taste and adjust spices if need be. Refrigerate until ready to eat. Enjoy!

Tomato Avocado Cucumber Chick Pea Salad with Greek Lemon Dressing

- (10.5 oz.) containers red cherry tomatoes
- 1 (10.5 oz.) container yellow cherry tomatoes
- 1 (14.5 oz.) can chick peas, drained and rinsed
- 1 1/2 cucumbers, peeled and sliced into quarters
- Hass avocados, peeled, cored and diced
- 1/4 cup chopped fresh parsley
- oz. feta cheese, crumbled
- Dressing
- 1/2 cup olive oil
- 1/4 cup fresh lemon juice
- 1 tsp Dijon mustard
- cloves garlic, minced
- 1/4 tsp salt
- 1 tbsp. chopped fresh basil
- 3/4 tsp dried oregano

In a salad bowl toss together tomatoes, chick peas and cucumbers. Add avocado and parsley and gently toss. Add desire amount of dressing and the feta and gently toss to evenly coat. Serve within an hour for best results.

For the dressing:

In a blender (or mixing bowl with a whisk), blend olive oil, lemon juice, mustard, garlic and salt until mixture is well emulsified. Stir in basil and oregano.

Greek Layer Dip

- 1, 10-ounce container of hummus, your favorite flavor
- 1/2 cup plain non-fat Greek yogurt
- 1 tomato, diced
- 1/2 cup diced, seeded cucumber
- 1/3 cup crumbled feta cheese
- 1/4 cup pitted Kalamata olives, chopped
- 2 tablespoons finely chopped fresh parsley
- Pita chips, veggies, or crackers, for serving

1. Spread the hummus in a smooth layer in the bottom of an 8x8-inch square baking dish, a shallow pie dish, or similar serving dish. Dollop the Greek yogurt by small spoonfuls over the top, then gently spread to create a new layer.
2. Scatter the tomato, cucumber, feta, and olives over the top. Sprinkle with fresh parsley. Refrigerate until ready to serve, and then dip with pita chips, crackers, and sliced veggies as desired.