

ONION AND CUCUMBER SALAD

Ingredients

1 Jumbo onion

3/4 C. Boiling water

2 Cucumbers, peeled

1/4 C. Low-fat sour cream

1/2 C. Plain yogurt

1/2 tsp. Salt

1/8 tsp. Pepper

1/2 tsp. Worcestershire sauce

1 tsp. Vinegar

1 tsp. Dill weed

1 Tbsp. Parsley

Method

Slice onions into thin rings and then in half. Place separated half rings in bowl: pour boiling water over them. Let sit 3 to 5 minutes, then drain. Cut cucumbers (with ruffle cutter if possible) into thin slices and add to onions. In a separate bowl, combine remaining ingredients, except parsley, mixing well. Pour dressing over onions and cucumbers then toss. Top with parsley, chill several hours or overnight.

