

Jajic (Middle Eastern Cucumber Salad)

6 servings

Jajic is a popular cucumber yogurt salad, widely prepared in Middle Eastern countries. It is very similar to yogurt-based salads or dips such as cacik, tzatziki, or raita. It is often served with rice and grilled meat dishes.

- 3-5 Persian cucumbers OR 1 large cucumber, scrubbed with clean vegetable brush under running water, chopped*
 - 2 Tablespoons fresh mint, gently rubbed under running water, finely chopped OR 2 teaspoons dried mint
 - ¼ cup fresh dill, gently rubbed under running water, finely chopped*
 - 1 cup plain non-fat greek yogurt
 - 2 garlic cloves, minced
 - ½ teaspoon salt (optional)
1. Wash hands with soap and water.
 2. Combine all ingredients in a medium sized bowl. Refrigerate until serving.
 3. Serve chilled with meat and fish dishes, or as a dip with pita bread.
 4. Store leftovers in a sealed container in the refrigerator for up to four days.

Notes:

*To serve the salad as a dip, grate cucumbers instead of chopping.

**Substitute or add more fresh herbs to taste, such as parsley, cilantro, or chives.

Nutrition Information per Serving (1/3 cup): Calories 30, Total Fat 0g, Saturated Fat 0g, Cholesterol 0mg, Sodium 15mg, Total Carbohydrates 4g, Fiber 0g, Total Sugars 2g, includes 0g Added Sugars, Protein 4g, Vitamin D 0%, Calcium 4%, Iron 0%, Potassium 2%.

