

## Buttermilk and Cucumber Dressing

Makes 32 Tbsp.



### Ingredients

- 1 medium cucumber
- 1½ cups of buttermilk
- 1 clove of garlic-minced
- ½ tsp of salt
- 2 tbsp of red wine vinegar
- 2 tsp of horseradish
- 1 tbsp each of dill and mint
- 2 tbsp of red onion
- ½ tsp of paprika

### Directions

- ℘ Peel, seed and chop the cucumber.
- ℘ Combine everything in a small jar with a lid
- ℘ Cover tightly and shake until well blended.
- ℘ Refrigerate; shake well before using.
- ℘ This will keep for 1-2 weeks.

### Nutrients (approximately)

10 Calories per Tbsp,  
Fat 0g, Cholesterol 0mg, Sodium 12.7mg, Carbohydrates 0.9g,  
Fiber 0.1g, Protein 0.5g

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