

CUCUMBERS WITH DILLED BUTTERMILK DRESSING

SOURCE: Weight Watchers New Complete Cookbook

INGREDIENTS:

1/2 C low-fat buttermilk
1/3 C chopped fresh dill
1/2 tsp white-wine vinegar
1/4 tsp mustard powder
1/4 tsp salt
1/4 tsp freshly ground pepper (optional)
Pinch ground white pepper
2 cucumbers, seeded/thinly sliced

DIRECTIONS:

To prepare dressing: in small bowl combine buttermilk, dill, vinegar, mustard, salt, black pepper (if using) & white pepper. Refrigerate, covered, till flavors are blended (2-3 hours).

Place cucumbers in medium bowl - drizzle with dressing & toss to coat. Serve at once.

Makes 4 servings

(per serving: 26 calories; 1g total fat; 0g saturated fat; 2mg cholesterol; 170mg sodium, 4g total carbohydrates; 1g dietary fiber; 2g protein, 31mg calcium - WW points per serving: 0)