

# Cacik

Pronounced "jaah-jeek," cacik is one of an endless variety of garlicky yogurt and cucumber salads. Eat as a salad or sauce-like accompaniment to pilafs and rice.

## INGREDIENTS:

- ½ English cucumber, coarsely shredded
- 2 to 3 garlic cloves
- Salt to taste
- 1½ to 2 cups whole-milk plain yogurt, stirred
- ½ cup low-fat sour cream
- A few drops of vinegar
- Extra virgin olive oil, if needed

## Garnish (optional)

- About ⅓ cup coarsely chopped walnuts
- Chopped fresh feathery dill

**INSTRUCTIONS:** Squeeze shredded cucumber with your hands.

Place in a colander to drain further. Chop garlic on a cutting board with salt until it becomes a paste. Blend yogurt and sour cream. Stir in garlic paste, then the cucumber. Taste for salt; add a few drops of vinegar. If needed, add a teaspoon or two of olive oil. Refrigerate until ready to serve.

To serve, spoon into a bowl. Top with optional garnish.

Serves 4

**PER SERVING:** 105 calories, 6 g protein, 8 g carbohydrate, 5 g fat (4 g saturated), 22 mg cholesterol, 98 mg sodium, 0 fiber.

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