



### **All-purpose Yogurt Salad Dressing:**

1 cup plain yogurt (or vegan substitute)  
1-2 tablespoons lemon juice  
½ teaspoon cumin  
½ teaspoon sugar  
2 tablespoons diced red or green onion  
½ diced cucumber, optional  
Salt & pepper to taste

Mix all together and use over beets, cucumbers, and mixed raw veggies.

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