

Khiyar bi-Laban
(Arabic Cucumber and Yogurt Salad)

This recipe for cucumber and yogurt salad is from Syria and Lebanon.

Ingredients

2 medium cucumbers

3 garlic cloves

1 quart plain, unsweetened yogurt

2 Tbs. dried mint

salt

Utensils

knife and cutting board

measuring cup

measuring spoons

vegetable peeler

serving bowl

spoon

This dish is seasoned to taste. Peel and crush the garlic into small bits. Peel and dice the cucumber. The dish can be prepared up to this point in advance. Place the crushed garlic in the bowl and mix in the salt. Add the yogurt and mix well. Add the cucumbers and mint and thoroughly mix all the ingredients together. *Khiyar bi-Laban* can be made in advance of the meal and stored in the refrigerator in an airtight container or in a serving bowl covered with plastic wrap.