

## MIXED GREEN SALAD WITH CUCUMBERS, ALMONDS, AND GINGER-YOGURT VINAIGRETTE

*(adapted from Fine Cooking magazine, July 2012)*

1-1/2 Tbs. rice vinegar  
1 Tbs. finely chopped shallot  
2 tsp. freshly grated ginger  
2 tsp. thinly sliced mint leaves  
salt and black pepper to taste  
1/3 cup plain non-fat yogurt  
1 Tbs. extra-virgin olive oil  
5 oz. (5 cups) mixed baby greens  
1 small English cucumber, peeled, sliced  
1/4 cup toasted slivered almonds

In a small bowl, combine the vinegar, shallot, ginger, mint, salt, and black pepper. Stir in the yogurt and olive oil.

In a large bowl, season the greens and cucumbers with a pinch of salt and a few grinds of pepper and toss with enough dressing to lightly coat. Sprinkle the toasted almonds on top, and serve right away.