



## CUCUMBER RELISH / SALSA

1 cup sour cream  
1 cup plain low-fat yogurt  
1/4 cup chopped parsley  
1/4 cup chopped cilantro  
1 tsp. ground cumin  
1/2 tsp. salt  
3 cucumbers, peeled, seeded, and chopped

### PREPARATION:

Combine all ingredients in medium bowl. Cover and chill 1-2 hours to blend flavors. Serve as a topping for grilled fish, or with taco chips as an appetizer.