

A refreshing cucumber salad: Cool and creamy

Imagine, only 50 calories per serving in this refreshing cool and creamy salad. And it's sugar free! Here's an appealing combination of smooth sour cream and fresh cucumber with just a touch of dillweed.

Sugar free gelatin — lime flavor, of course — gives just the right cool-to-taste and cool-to-look-at dining pleasure.

Use the preparation method that calls for ice cubes to help the gelatin set more quickly. Pour the mixture into individual dishes or a handsome glass serving bowl and chill until set.

If you wish, eat in just 30 minutes when it's soft-set. Makes six delicious servings. Fabulous!

CUCUMBER SOUR CREAM SALAD

(50 Calories Per Serving)

- 1 package (4-serving size) Jell-O brand lime flavor sugar free gelatin
- ¼ teaspoon salt
- ¾ cup boiling water
- 1 tablespoon lemon juice
- ½ cup cold water
- Ice cubes
- ½ cup sour cream
- 1 cup chopped seeded, peeled cucumber
- 1 tablespoon minced onion
- 1 teaspoon dillweed (or 1 tablespoon minced fresh dill)

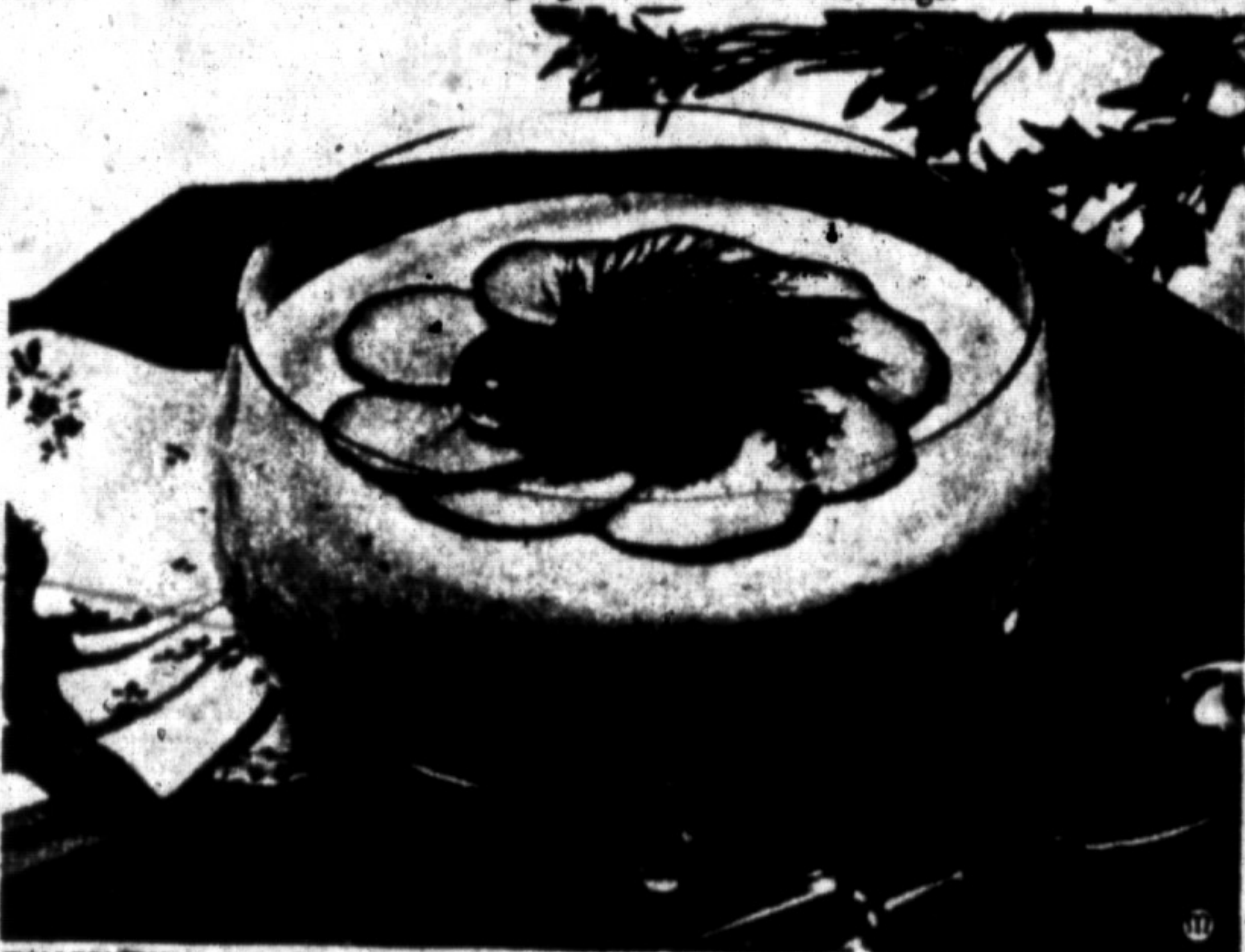
Completely dissolve gelatin and salt in boiling water. Add lemon juice. Combine cold water and ice cubes to make 1 ¼ cups. Add to gelatin, stirring until slightly thickened.

If necessary, remove unmelted ice. Blend in sour cream; add remaining ingre-

dients. Pour into individual dishes or bowl and chill until set, at least 30 minutes.

Spoon from bowl onto salad greens. Garnish with thinly sliced cucumber, if desired.

Makes 6 servings.



ENJOY THIS COOL-AS-A-CUCUMBER SALAD. Best of all, each serving has only 50 calories.

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