

Cucumber Dip

Joe Knaver

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*1 large cucumber
1 package (8 ounce) cream cheese,
softened
1 teaspoon garlic powder
1 teaspoon salt
1/4 cup green onions, chopped
1/2 teaspoon Worcestershire sauce
chopped parsley (for garnish)*

Peel, seed and dice the cucumber. Drain for one hour.

In a bowl, combine the cream cheese, garlic powder and salt.

Stir in the cucumber, onion and Worcestershire sauce.

Top with the parsley.

Per Serving (excluding unknown items): 868 Calories; 81g Fat (82.3% calories from fat); 21g Protein; 19g Carbohydrate; 3g Dietary Fiber; 255mg Cholesterol; 2852mg Sodium. Exchanges: 0 Grain(Starch); 2 1/2 Lean Meat; 2 Vegetable; 15 Fat; 0 Other Carbohydrates.