

# Wholesome Recipes

from the *Amazing Wheat Book*  
by LeArta Moulton

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## Cucumber Dressing

- 1 medium cucumber
- 1 T grated onion
- 1/4 C mayonnaise
- 2 tsp wine vinegar or lemon juice
- 1 T chopped parsley
- 2 C sour cream or yogurt
- 1 tsp salt
- 1/8 tsp black pepper

***Mix in blender or with electric beaters and refrigerate.***