

BEHOLD THE MIGHTY CUCUMBER!

TZATZIKI

- ◆ 3 cucumbers - chopped
- ◆ 2 c plain Greek Yogurt
- ◆ 2 T olive oil
- ◆ 2 T lemon juice
- ◆ 2 garlic cloves - minced
- ◆ 2 T fresh dill

Mix cucumber, garlic, yogurt, dill, lemon juice, and oil in a medium bowl; season with salt and pepper. Cover and let sit at room temperature for at least 1 hour.

SIMPLE CUCUMBER SALAD

- ◆ 2 cucumbers - thinly sliced
- ◆ 1/3 c red wine vinegar
- ◆ 1 t granulated sugar
- ◆ 1/2 t salt
- ◆ 1/2 onion—thinly sliced

Combine cucumbers, vinegar, onion, sugar and salt. Chill in the fridge for about 15 minutes, then serve.

CUCUMBERS WITH SCALLIONS AND CHILI OIL

- ◆ 2 cucumbers - cubed
- ◆ 1 t kosher salt
- ◆ 3 scallions - sliced
- ◆ 3 T rice vinegar
- ◆ 1 t toasted sesame seeds
- ◆ Chili oil (for serving)

Toss cucumbers with 1 t salt. Let sit for 10 minutes and drain in a colander. Transfer to medium bowl and toss with scallions, rice vinegar and sesame seeds. Drizzle with Chili oil.



NOEL ROBERTS
ADVISOR

GRI, ABR, MCNE, CHMS, SRES

713.562.3693

noel@homesbynoel.com
noel.roberts@evusa.com
www.homesbynoel.com
www.austin.evusa.com

“The human body is 90% water. We’re basically cucumbers with anxiety.”

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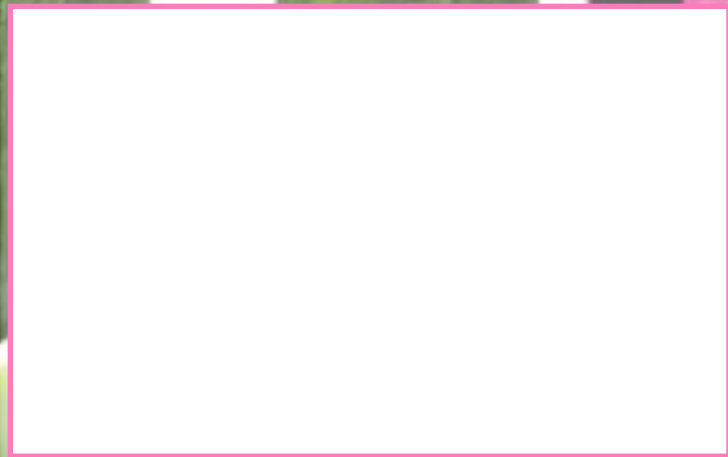
NOEL ROBERTS, ADVISOR
GRI, ABR, MCNE, CNE, CHMS, ALHS, SRES
ENGEL & VÖLKERS AUSTIN

713.562.3693
noel@homesbynoel.com
noel.roberts@evusa.com
www.homesbynoel.com
www.austin.evusa.com

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NOEL D. ROBERTS
3700 Bee Caves Road, Ste. 102
Austin, Texas 78746



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