

## Lebanese Laban Kiyar

*No Lebanese table would be complete without Lebanese yogurt, or laban. The combination of creamy yogurt with cucumbers is cool, refreshing, and tangy. Many ethnic cuisines have their version of yogurt and cucumber salad; the Lebanese make theirs with spearmint, or nana, for signature Lebanese flavor.*

3 cups full fat plain yogurt

2 cups chopped cucumber, peeled

½ cup fresh spearmint, minced

1 small garlic clove, minced

Salt and pepper to taste

In a medium-size serving bowl, stir cucumber, mint, and garlic into yogurt. Add salt and pepper to taste. Serve chilled. Serves 8.