

Cucumber Yogurt Dip

Serving Size: 1/6 of recipe

Yield: 6 servings

Ingredients:

- 2 large cucumbers
- 2 cups plain yogurt, low-fat
- ½ cup sour cream, non-fat
- 1 tablespoon lemon juice
- 1 tablespoon fresh dill
- 1 garlic clove, chopped
- 1 cup cherry tomatoes
- 1 cup broccoli florets
- 1 cup baby carrots

Preparation:

1. Peel, seed, and grate one cucumber. Slice other cucumber and set aside.
2. Mix grated cucumber, yogurt, sour cream, lemon juice, dill, and garlic in a serving bowl. Chill for 1 hour.
3. Arrange tomatoes, cucumbers, broccoli, and carrots on a colorful platter.
4. Serve with dip.

Source: SNAP-Ed Connection

Food Group Amounts:		
Color	Food Group	Amount
	Grains	--
	Vegetables	1¼ c
	Fruits	--
	Dairy	¼ c
	Protein	0

Nutrient Totals	
Per Serving:	
Calories	100
Total Fat	1.5 g
Saturated Fat	1 g
Sodium	120 mg
Protein	6 g