Cucumber Yogurt Dip

Yield: 6 servings

INGREDIENTS

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

INSTRUCTIONS

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.

NOTES

Serving Size: 1/6 of recipe

Nutrition Facts per Serving:
Calories 100  
Total fat 1.5g  
Saturated fat 1g  
Sodium 120mg  
Protein 6g

Source: SNAP-Ed Connection