

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