

Cucumber Yogurt Dip

From the U.S. Department of Agriculture

<https://www.choosemyplate.gov/recipes/supplemental-nutrition-assistance-program-snap/cucumber-yogurt-dip>

Ingredients

- 2 cup yogurt (plain, low-fat)
- 2 cucumbers (medium, peeled, seeded, and grated)
- ½ cup sour cream (non-fat)
- 1 tablespoon lemon juice
- 1 tablespoon dill (fresh)
- 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 yogurt, grated cucumber, sour cream, lemon juice, dill and garlic in a serving bowl. Chill for one hour.
3. Arrange tomatoes, cucumbers, broccoli and carrots on a colorful platter. Serve with cucumber dip.

Makes 6 servings

Nutrition information per serving

| | |
|-------------------|--------------------|
| Calories: 94 | Dietary Fiber: 2g |
| Total Fat: 2g | Sodium: 109mg |
| Saturated Fat: 1g | Protein: 6g |
| Cholesterol: 7mg | Carbohydrates: 15g |