

# Cucumber Yogurt Dip

Preparation Time 15 minutes

Number of Servings: 6

Cups of Fruits and Vegetables Per Person: 0.50

- 2 cups plain low-fat yogurt
- 2 large cucumbers, peeled, seeded, and grated
- 1/2 cup nonfat sour cream
- 1 Tbsp lemon juice
- 1 Tbsp fresh dill
- 1 garlic clove, chopped
- 1 cup cherry tomatoes
- 1 cup broccoli florets
- 1 cup baby carrots

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



Dill

**Serving Size:** 1/6 of recipe

**Amount Per Serving:** Calories\* 100, Calories from Fat 15

**% Daily Value (DV)\***

Total Fat:	2g	3%	Sodium:	90mg	4%
Saturated Fat:	1g	5%	Cholesterol:	5mg	2%
Trans Fat:	0g	0%	Carbohydrate:	17g	6%
Protein:	7g				

\*Percent Daily Values are based on a 2,000 calorie diet.

Source: U.S. Department of Health and Human Services