

RECIPE

Cucumber Yogurt Dip

Start to Finish: 1 hour Servings: 6

Ingredients:

- 2 large cucumbers
- 2 cups plain yogurt, low-fat
- 1/2 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

Directions:

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.



Nutrition Information Per Serving:

100 Calories; 1.5 g Total Fat; 1 g Saturated Fat; 0 g Monosaturated Fat; 6 g Protein;
120 mg Sodium