

## Cucumber Yogurt Dip



Lemon and dill combined with low-fat yogurt make this a flavorful and healthy dip. Serve it with your favorite vegetables.

### Nutrition Facts

Recipe makes 6 servings

Calories: 95	Dietary Fiber: 2 g
Fat: 2 g	Sodium: 116 mg
Carbohydrate: 15 g	Protein: 6 g
Cholesterol: 7 mg	

Source: USDA Mixing Bowl

For more healthy recipes, visit:

<https://whatscooking.fns.usda.gov>

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### Ingredients

- 2 cups yogurt (plain, low-fat)
- 2 cucumbers (peeled, seeded, grated)
- 1/2 cup sour cream (non-fat)
- 1 Tbsp. lemon juice
- 1 Tbsp. fresh dill
- 1 garlic clove (chopped)
- 1 cup cherry tomatoes
- 1 cup broccoli florets
- 1 cup baby carrots or carrot sticks

### Directions

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 1 hour.
3. Arrange tomatoes, cucumbers, broccoli, and carrots on a colorful platter. Serve with cucumber dip.