

Eat Smart • Move More

Cool Cucumber Yogurt Dip

Prep Time: 10 minutes

Total Time: 15 minutes



Ingredients

- 1 cup plain low-fat yogurt
- ½ cup light sour cream
- 1 cucumber, divided
- 1 tablespoon lemon juice
- ¼ teaspoon dried dill weed
- ¼ teaspoon garlic powder
- ¼ teaspoon ground black pepper
- ¼ teaspoon salt
- 2 carrots, sliced
- ¼ head broccoli, cut into florets

Nutrition Facts

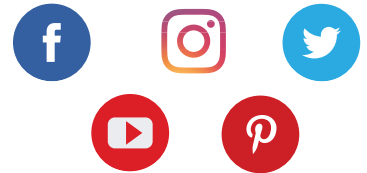
6 servings per container	
Serving size	1 serving (136.63g)
Amount per serving	
Calories	70
% Daily Value*	
Total Fat 2.5g	3%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 160mg	7%
Total Carbohydrate 9g	3%
Dietary Fiber 1g	4%
Total Sugars 5g	
Includes g Added Sugars	
Protein 3g	
Vitamin D 0mcg	0%
Calcium 120mg	10%
Iron 0.3mg	0%
Potassium 290mg	6%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Quick Tips

- ▶ Serve with your favorite vegetables, such as bell peppers, cauliflower, cherry tomatoes, celery, and radishes. Can also be served with whole-wheat pita bread.
- ▶ Use the as a mayo replacement on sandwiches.
- ▶ Serve as a dipping sauce to our Oven Baked Sweet Potato Fries.

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Directions

- Place the yogurt and sour cream in a mixing bowl.
- Peel ½ of the cucumber and cut in half lengthwise. Remove the seeds by scraping them out with a spoon. Grate ½ of cucumber that has been peeled, until you have ½ cup. Set aside remaining ½ cucumber. Place the grated cucumber in the mixing bowl with the yogurt and sour cream.
- Add lemon juice, dill weed, garlic powder, black pepper, and salt to the mixing bowl. Stir until evenly mixed.
- Cover and refrigerate for at least 1 hour prior to serving. Stir again just before using.
- Cut the remaining cucumber into ¼-inch slices. Serve dip with cucumber, carrots, and broccoli florets.

(Recipe from Summer Foods, Summer Moves, as listed at: <https://fns-prod.azureedge.net.>)

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