

Cucumber Yogurt Dip

Makes: 6 servings

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

Ingredients

- 2 cups** yogurt (plain, low-fat)
- 2** cucumber (large, peeled, seeded, and grated)
- 1/2 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** carrot (baby)

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.

Notes

Watch how to make this [kid-friendly recipe](#) on YouTube.

Centers for Disease Control and Prevention, More Matters Recipes

Nutrition Information

Nutrients	Amount
Calories	100
Total Fat	2 g
Saturated Fat	1 g
Cholesterol	5 mg
Sodium	120 mg
Total Carbohydrate	16 g
Dietary Fiber	2 g
Total Sugars	10 g
Added Sugars included	N/A
Protein	6 g
Vitamin D	N/A
Calcium	N/A
Iron	N/A
Potassium	N/A

N/A - data is not available

