



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 (medium, 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.

Learn more about:

- Cucumbers
- Garlic
- Citrus Fruits
- Tomatoes
- Broccoli
- Carrots

Source: Centers for Disease Control and Prevention, More Matters Recipes

Nutrition Information

Nutrients	Amount
Calories	94
Total Fat	2 g
Saturated Fat	1 g
Cholesterol	7 mg
Sodium	109 mg
Total Carbohydrate	15 g
Dietary Fiber	2 g
Total Sugars	9 g
Added Sugars included	0 g
Protein	6 g
Vitamin D	0 mcg
Calcium	202 mg
Iron	0 mg
Potassium	480 mg

N/A - data is not available

MyPlate Food Groups

 Vegetables	1 cups
 Dairy	1/2 cup

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