



## August 23- Cucumber Yogurt Dip

Smart Snack

Link: <http://www.whatscooking.fns.usda.gov/recipes/supplemental-nutrition-assistance-program-snap/cucumber-yogurt-dip>

### Recipe

*Ingredients:*

- 2 cups yogurt (plain, low-fat)
- 2 cucumber (large, peeled, seeded, and grated)
- ½ cup sour cream (non-fat)
- 1 tablespoon lemon juice
- 1 tablespoon dill (fresh)
- 1 unit 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.

Yield 6 servings

### Nutrition Facts

Serving Size 1/2 cup (318.32g)  
Servings Per Container 6

#### Amount Per Serving

**Calories** 120      Calories from Fat 20

% Daily Value\*

**Total Fat** 2.5g      4%

Saturated Fat 1g      6%

Trans Fat 0g

**Cholesterol** 10mg      3%

**Sodium** 125mg      5%

**Total Carbohydrate** 18g      6%

Dietary Fiber 3g      11%

Sugars 12g

**Protein** 7g      15%

Vitamin A 110%      •      Vitamin C 25%

Calcium 20%      •      Iron 4%

\* Percent Daily Values are based on a 2,000 calorie diet.