

Cucumber Yogurt Dip

Serves 6

Ingredients:

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| 2 large cucumbers, seeded & grated | 1 cup cherry tomatoes |
| 2 1/2 cups <u>plain</u> low-fat Greek yogurt | 1 cup broccoli florets |
| 1 Tablespoon lemon juice | 1 cup baby carrots |
| 1 Tablespoon fresh dill or 1
teaspoon dried dill weed | |
| 1 garlic clove, minced | |



Directions:

1. Seed and grate one cucumber. Slice the other cucumber into circles and set aside.
2. Mix plain yogurt, grated cucumber, lemon juice, dill and garlic in a small serving bowl.
3. Arrange tomatoes, cucumbers, broccoli, and carrots on a colorful platter. Serve vegetables with cucumber dip.

Recipe adapted from University of Nebraska-Lincoln Extension

FoodWise education is funded by the USDA Supplemental Nutrition Assistance Program—SNAP and Expanded Food and Nutrition Education Program - EFNEP. An EEO/AA employer, the University of Wisconsin-Madison Division of Extension provides equal opportunities in employment and programming, including Title VI, Title IX, the Americans with Disabilities Act (ADA) and Section 504 of the Rehabilitation Act requirements.

