

Cucumber Yogurt Dip

Serves 6

Ingredients:

2 large cucumbers, seeded & grated
2 1/2 cups plain low-fat Greek yogurt
1 Tablespoon lemon juice
1 Tablespoon fresh dill or 1
teaspoon dried dill weed
1 garlic clove, minced

1 cup cherry tomatoes
1 cup broccoli florets
1 cup baby carrots



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

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ming including Title IX and ADA.

