



cucumber yogurt dip

takes
30-45
minutes

ingredients

- 2 cups plain whole milk yogurt
- 1-2 cucumbers, diced small
(about ½ cup or more)
- 1 clove garlic, minced
- 2 tablespoons fresh dill, minced
- ½ teaspoon white wine vinegar
- 1 teaspoon salt
- ¼ teaspoon pepper
- 2 tablespoons fresh green chives
or green onions, chopped finely—optional
- ½ teaspoon red pepper flakes—optional

Note: Remove seeds from cucumbers if tough.

directions

Mix all ingredients in a bowl. Adjust salt and pepper to taste.

Serve with assorted vegetables for dipping: celery, snap peas, green beans, carrots, peppers, tomatoes, broccoli, cauliflower, roasted beets and/or boiled potatoes.

nutrition facts

Serving Size 121g			
Amount Per Serving			
Calories	50	Calories from Fat	21
% Daily Value*			
Total Fat	2.3g		4%
Saturated Fat	1.5g		7%
Trans Fat	0.0g		0%
Cholesterol	9.1mg		3%
Sodium	364.6mg		15%
Total Carbohydrate	5.1g		2%
Dietary Fiber	0.1g		0%
Sugars	3.3g		
Protein	2.5g		
Vitamin A	2%	Calcium	9%
Vitamin C	2%	Iron	0%

*All percentages are daily value based on a 2000 calorie diet

serves
6-8
people



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