

Protein 6g

Cucumber Yogurt Dip

2 large cucumbers
2 cups plain yogurt, low-fat
1/2 cup sour cream, non-fat
1 tablespoon fresh lemon juice
1 tablespoon fresh dill
1 garlic clove, chopped
1 cup cherry tomatoes
1 cup broccoli florets
1 cup baby carrots
Peel, seed, and grate one cucumber. Slice other cucumber and set aside. Mix grated
cucumber, yogurt, sour cream, lemon juice, dill, and garlic in a serving bowl. Chill for 1 hour.
Arrange tomatoes, cucumbers, broccoli, and carrots on a colorful platter. Serve with dip.
Yield: 6 servings
Nutrition Facts per Serving: Calories 100, Total fat 1.5g, Saturated fat 1g, Sodium 120mg,

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