

# Cucumber Yogurt Dip

Yield 6 servings

## Ingredients

2 cups	yogurt (plain, low-fat)
2	cucumber (large, peeled, seeded, and grated)
1/2 cup	sour cream (non-fat)
1 tablespoon	lemon juice
1 tablespoon	dill (fresh)
1	garlic clove (chopped)
1 cup	cherry tomatoes
1 cup	broccoli florets
1 cup	carrot (baby)

## Instructions

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.

## Cost

Per recipe: \$3.41

Per serving: \$0.57

## Source

Centers for Disease Control and Prevention, [More Matters Recipes](#)

## Nutrition Facts

Serving Size 1/6 of recipe (272g)  
Servings Per Container 6

Amount Per Serving

**Calories 100**    Calories from Fat 15

% Daily Value\*

**Total Fat 1.5g**    2%

Saturated Fat 1g    5%

Trans Fat 0g

**Cholesterol 5mg**    2%

**Sodium 120mg**    5%

**Total Carbohydrate 16g**    5%

Dietary Fiber 2g    8%

Sugars 10g

**Protein 6g**

Vitamin A 120%    •    Vitamin C 35%

Calcium 20%    •    Iron 6%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9    •    Carbohydrate 4    •    Protein 4