



# Cucumber Yogurt Dip



## About This Recipe

Serves: 6

Mess Rating: 1 (out of 5)

Prep Time: 10 minutes

Cook Time: 60 minutes

Total Time: 70 minutes

\*Have your A.G. (Adult Guide) help you with this

## Equipment

1 Peeler

1 Knife\*

1 Cutting Board

1 Spoon

1 Set of measuring cups

1 Medium Bowl

1 Serving Platter

1 Cheese Grater

## Ingredients

2 cups plain low fat or fat free yogurt

2 large cucumbers

1/2 cup fat free sour cream

1 tablespoon lemon juice

1 clove garlic, minced

1 tablespoon fresh dill

1 cup broccoli florets

1 cup baby carrots

1 cup cherry tomatoes

## Preparation:

### *Step 1: Prepare Vegetables:*

Wash vegetables. Use the peeler to peel the cucumbers. Cut one in half lengthwise and have your A.G. (Adult Guide) help you remove the seeds from the center, using a knife\*. Then, coarsely grate the first cucumber. Place the other cucumber on the cutting board and carefully slice it into 1/4-inch coins with knife.\* Set aside cucumber slices.

### *Step 2: Mixin' it Up:*

Mix yogurt, grated cucumber, sour cream, lemon juice, dill and garlic in a bowl.

### *Step 3: Chill:*

Chill bowl full of yogurt mix in refrigerator for 1 hour.

### *Step 4: Serve:*

On serving platter, arrange tomatoes, cucumber slices, broccoli and carrots. Serve with cucumber dip.

## Nutrition Information:

**Calories: 97 kCal**

**Protein: 6 grams**

**Fat: 1.5 grams**

**Saturated Fat: 1 gram**

**Sugars: 9 grams**

**Sodium: 107 mg**