

BITS and BITES

Cucumber Dill Yogurt Dip

Ingredients

- 1 cucumber
- 2 cups plain Greek yogurt, low-fat
- 1 lemon, squeezed to make 1 tbsp. juice
- 1 tbsp. fresh dill, chopped
- ¼ tsp. garlic, minced
- Black pepper, to taste

Directions

1. Peel cucumber. Cut in half length-wise & remove seeds. Grate cucumber & place on paper towel. Squeeze out excess fluid.
2. Mix grated cucumber, plain yogurt, lemon juice, dill, garlic, & pepper together in a medium sized bowl.
3. Serve dip with your favorite vegetables.

Cucumber Dill Yogurt Dip makes a tasty, nutritious snack for the whole family! Try dipping any of your favorite vegetables, such as carrots, bell peppers, squash, or tomatoes, with the dip!

Dairy foods, like yogurt, are an important part of a healthy diet. Increasing your intake of low-fat dairy products can reduce your risk of osteoporosis, heart disease, high blood pressure, & type 2 diabetes. Dairy products are a great source of protein, calcium, & vitamin D.

SOURCE:

This material was funded by USDA's Supplemental Nutrition Assistance Program-SNAP.

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