

Farmers Market Fresh

Cucumber Yogurt Dip

Ingredients:

Serves 6

- 2 cups plain yogurt, low-fat
- 2 large cucumbers, peeled, seeded, and grated
- 1/2 cup sour cream, fat-free
- 1 tbsp lemon juice
- 1 tbsp fresh dill
- 1 garlic clove, chopped
- 1 cup cherry tomatoes
- 1 cup broccoli florets
- 1 cup baby carrots



University of Wisconsin, U.S. Department of Agriculture and Wisconsin counties cooperating.
UW-Extension provides equal opportunities in employment and programming including Title IX and ADA

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Directions:

1. Peel, seed, and grate one cucumber. Slice the other cucumber and set aside.
2. Mix yogurt, grated cucumber, sour cream, lemon juice, dill, and garlic in a serving bowl.
3. Arrange tomatoes, cucumbers, broccoli, and carrots on a colorful platter. Serve with cucumber dip.

Recipe courtesy of the Center for Disease Control and Prevention.

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