

Cucumber Yogurt Dip

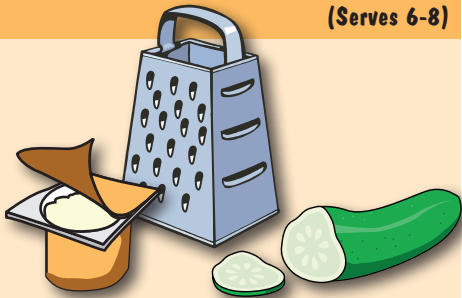
Ingredients:

(Serves 6-8)

- 2 cups lowfat or nonfat yogurt, plain
- 2 large cucumbers
- ½ cup nonfat or lowfat sour cream
- 1 Tablespoon lemon juice
- 1 Tablespoon fresh dill
(or 1/2 Tablespoon dried)

Other vegetables for dipping

Try tomatoes, zucchini, broccoli, carrots, red or green bell peppers.



Directions:

- 1** Peel both cucumbers and remove the seeds from the center.
Slice ONE of the cucumbers and set it aside.
- 2** Grate the other cucumber. If you don't have a grater, you can chop it very, very finely.

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Directions:

- 3 Mix the grated cucumber, yogurt, sour cream, lemon juice and dill in a bowl. Have your child help you with this step. Chill the mixture for one hour in the refrigerator.
- 4 Meanwhile, prepare the vegetables you have for dipping and serve with the cucumber dip when it is ready.

