Cucumber Yogurt Dip

Ingredients:
- 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.

(Serves 6-8)
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.