

Cucumber yogurt dip



Recipe credit

University of Minnesota Extension Department of Family, Health and Wellbeing staff

About this recipe

Serves

6

Serving size

1/6 of prepared recipe

Time to make

15 minutes preparation

Special criteria

[Vegetarian recipes](#)

Ingredients

- 2 cups plain low-fat yogurt
- 2 cucumbers
- 1/2 cup light sour cream
- 1 tablespoon lemon juice
- 1 tablespoon fresh dill or 1 teaspoon dry dill
- 1 garlic clove, chopped
- 1 cup cherry tomatoes
- 1 cup broccoli florets
- 1 cup carrot sticks or baby carrots

Directions

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

Tips and variations

- This dip goes great with any vegetables or even crackers. You can mix and match anything for this!
- Make your own gyros. Serve this dip in whole wheat pita pockets with thinly sliced grilled chicken or beef, sliced onions and tomatoes, and shredded lettuce.
- Turn this dip into a tasty cucumber dressing for salads. Thin the dip with some low-fat milk, a splash of vinegar, and a splash of olive oil. Mix the dressing and adjust liquids and seasonings for the desired thickness and taste.

Nutritional info

Calories
109
Total fat
3.3 g
Saturated fat
1.9 g
Cholesterol
10.5 mg
Sodium
93.5 mg
Total carbohydrates
15.1 g
Dietary fiber
1.9 g
Protein
6.5 g
Total sugar
9.6 g
Allergens
Dairy

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