

Cucumber Yogurt Dip

2 large cucumbers

2 cups plain yogurt, low-fat

1/2 cup sour cream, non-fat

1 tablespoon fresh lemon juice

1 tablespoon fresh dill

1 garlic clove, chopped

1 cup cherry tomatoes

1 cup broccoli florets

1 cup baby carrots

Peel, seed, and grate one cucumber. Slice other cucumber and set aside. Mix grated cucumber, yogurt, sour cream, lemon juice, dill, and garlic in a serving bowl. Chill for 1 hour.

Arrange tomatoes, cucumbers, broccoli, and carrots on a colorful platter. Serve with dip.

Yield: 6 servings

Nutrition Facts per Serving: Calories 100, Total fat 1.5g, Saturated fat 1g, Sodium 120mg,

Protein 6g