Stay cool as a cucumber this summer! Serve this dip with cut-up veggies for a refreshing summer snack.

**DIRECTIONS**

1. Place the yogurt and sour cream in a medium-sized mixing bowl.
2. Peel cucumber and cut in half lengthwise. Remove the seeds by scraping them out with a spoon. Grate one half of the cucumber until you have ½ cup grated cucumber. Reserve the remaining cucumber. Place the grated cucumber in the mixing bowl with the yogurt and sour cream.
3. Add the lemon juice, garlic powder, dried dill weed, salt, and black pepper. Stir until the ingredients are evenly mixed.
4. Cover the dip and place in the refrigerator to chill for at least 1 hour. Stir again just before using.
5. Cut the remaining cucumber into ¼-inch slices. Arrange the cucumber slices, baby carrots, and broccoli florets on a platter. Serve with the Cool Cucumber Yogurt Dip.

**OPTIONS**

- Instead of dried dill, use 1 teaspoon of fresh dill if available. Consider adding fresh or dried mint leaves, too.
- Try using this dip as a sauce for flatbread sandwiches.

**Food Demonstration Samples:** Offer 1-tablespoon portions of the dip in a small cup. Add one or two pieces of cucumber, broccoli or baby carrot. Makes 24 samples.

Recipe adapted from Centers for Disease Control and Prevention and available from What’s Cooking? USDA Mixing Bowl at http://www.whatscooking.fns.usda.gov/recipes/supplemental-nutrition-assistance-program-snap/cucumber-yogurt-dip

**Nutrition Information**

Amount per serving: ¼ cup; Calories: 53; Total Fat: 0.8 g; Saturated Fat: 0.4 g; Sodium: 165 mg; Potassium: 281 mg; Total Carbohydrate: 9 g; Dietary Fiber: 1 g; Sugars: 4 g; Protein: 3 g; Vitamin A: 3221 IU; Vitamin C: 16 mg; Vitamin D: 0 IU; Calcium: 112 mg; Iron: 0.4 mg.

**Get children involved in making the recipe!**

**SHOW** them how to:

- Use a vegetable peeler and a box grater to peel and grate the cucumber (for ages 6–7 and up with adult supervision).
- Measure the ingredients into the bowl and stir the dip until well combined.
- Arrange vegetables on the serving platter.
- Have one or more children taste test the mixture before serving to the group!

**Share these fun facts:**

- Cucumber and yogurt are commonly eaten together in Middle Eastern cuisine. It is a cooling combination that soothes your mouth when eating other spicy foods in a meal.
- We let the dip chill for at least 1 hour so the flavors from the herbs and spices can be released and intensified.