

**MAKE HALF YOUR  
PLATE FRUITS  
AND VEGETABLES**



**BE THE CHEF!**

**PREP TIME: 15 MINUTES**

## Cool Cucumber Yogurt Dip

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



**SERVINGS:** 6

**SERVING SIZE:** ¼ cup

### INGREDIENTS:

- 1 cup plain low-fat yogurt
- ½ cup fat-free sour cream
- 1 cucumber
- 1 tablespoon lemon juice
- ¼ teaspoon garlic powder
- ¼ teaspoon dried dill weed
- ¼ teaspoon salt
- ¼ teaspoon ground black pepper
- 1 cup baby carrots
- 1 cup broccoli florets

### SAFETY STEPS

In every food preparation activity, it's important to follow proper safety steps. Follow the food safety instructions on pages 4–5.

- Wash your hands. Use gloves or utensils to handle food. Clean surfaces to be used for food preparation with hot, soapy water. Cover the food preparation area with clean butcher paper or a disposable tablecloth for easy cleanup.
- Prepare the ingredients. Rinse and prepare produce for **Cool Cucumber Yogurt Dip** using safe food-handling practices as described on pages 4–5. Place all ingredients on plates or in bowls, cover, and refrigerate until ready to use.
- Lead kids in proper hand-washing steps. See page 4.

### 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.