

Creamy Cucumber-Dill Dip

2 g carbohydrates | 2 g sugar | 1 g total fat | 1 g protein | Fiber from veggies

Serving size: 2 Tbsp. | Approximately 13 calories



Veggie Power!

Vegetables pack a lot of power! When you choose to pile your plate with veggies, you are choosing to fuel your body with the best kind of fuel.

Not a veggie fanatic?

Try eating them first, before other foods. Your taste buds will love you for it!

Food Preparation Materials

Slicing knife
Cutting board or mat
Measuring cups and spoons
Small bowl
Spatula

Ingredients- Makes 8 servings

1 cup plain yogurt
 $\frac{1}{2}$ medium cucumber
1 $\frac{1}{2}$ tsp. dried dill
2 tsp. onion
Pinch of salt

What To Do

1. Wash all vegetables before peeling and cutting.
2. Peel the cucumber using a vegetable peeler.
3. Mince the onion and dice the cucumbers using the technique described in the instructor guide. Ask an adult to oversee.
4. Combine all ingredients in the bowl. "Wake up" the dill by rubbing it in your palms before adding it to the other ingredients.
5. Combine and fold, use a spatula to scrape the sides of the bowl.
6. Serve immediately or refrigerate.
7. Serve with a variety of vegetables such as tomatoes, cauliflower, broccoli, bell peppers, celery, or carrots.