Cucumber Dip

Serves: 4  
Prep: 15 minutes

INGREDIENTS
- 1 cup plain yogurt
- 1/4 cup fresh mint or dill, minced
- 1 clove garlic, minced*
- 1 tablespoon cooking oil
- 1/4 teaspoon salt
- 1 large cucumber, finely diced

DIRECTIONS
1. In a medium bowl, combine all of the ingredients.
2. Refrigerate for 30 minutes and serve over rice or with bread if desired.

*Substitutions
1 clove garlic  →  1/4 teaspoon garlic powder

Notes:
- If you don’t have fresh dill, substitute with 4 teaspoons of dried dill.

Recipe source: Adapted from Leah’s Pantry

Nutrition Information
Serving size: 1/4 of recipe without rice or bread  
Calories: 85  
Total fat: 6 g  
Saturated fat: 2 g  
Cholesterol: 8 mg  
Sodium: 178 mg  
Carbohydrates: 6 g  
Fiber: 1 g  
Sugar: 4 g  
Protein: 3 g