

Cucumber Dip



**GREATER
CHICAGO**
- **FOOD** -
DEPOSITORY.

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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 |
|-------------------|---|-------------------------------|



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 |

Notes:

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

Recipe source: Adapted
from Leah's Pantry