Cucumber Dip

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Serves: 4 Prep: 15 minutes

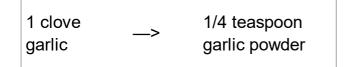
INGREDIENTS

- 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



Nutrition Information

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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