



Summer Cucumber Dip

Source: *Cooking with Extension* | **Serving Size:** 2 tablespoons. 15 Calories per serving. Total fat 0.5g; Protein 1g; Total carbohydrate 1g; Dietary fiber 0g, Sodium 55mg

INGREDIENTS:

- ½ cucumber
- 1 cup plain nonfat yogurt
- ¼ teaspoon salt
- 1 clove garlic, crushed
- 1 ½ teaspoons olive oil

DIRECTIONS:

1. Peel, seed and grate the cucumber.
2. In a colander, press the liquid out of the cucumber.
3. Mix the rest of the ingredients in a bowl, then stir in the cucumber. Enjoy with baby carrots.