

## **Cucumber-yogurt dip**

*Recipe created by Chef Sandy D'Amato,  
Executive Chef/Owner of Sanford Restaurant and Coquette Café, Milwaukee*

Makes 3 servings; Prep time: 5 minutes

### Ingredients:

1 cup lowfat plain yogurt  
4 oz. lowfat cream cheese  
1/2 cup diced, seeded cucumber  
1 clove garlic, minced  
1 tbsp chopped fresh dill  
1 tsp lemon juice  
½ tsp black pepper  
1 tsp lemon zest

Optional garnish: cucumber, sliced thin mint leaves

Stir yogurt and cream cheese until smooth. Add remaining ingredients; stir to blend. Serve with raw or blanched vegetables, such as carrots, celery, tomatoes or zucchini.

Nutritional Facts per serving: calories 150; total fat 8 g; calcium 20% Daily Value; carbs 10 g

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