

# Yogurt Cucumber Sauce

## Ingredients for Life

This is a versatile sauce that can be a dip for vegetables or a topping for grain bowls. It can be thinned with milk or water for a great dressing for salad.

Serves 16

Serving size: 2 Tablespoons

Prep time: 5 minutes

Cook time: 0 minutes

Total time: 5 minutes

## Ingredients

- 1 cucumber or 1/2 European cucumber, peeled and seeded
- 1 cup nonfat, plain yogurt (Greek or regular)
- 1 Tablespoon fresh dill, chopped fine (or 1 teaspoon dried dill)
- 2–3 Tablespoons of lemon juice (or the juice from 1 lemon)
- Salt to taste

## Directions

1. Peel and seed the cucumber.
  - *Removing the seeds is important so your sauce is not watery.*
2. Grate the cucumber using the medium or large size on a box grater or in a food processor.
3. Mix all remaining ingredients. Start with 1/2 teaspoon salt and adjust if needed.



## Nutrition Facts

Serves 16

Serving size 2 Tablespoons (28g)

Amount per serving

**Calories** **11**

% Daily Value\*

<b>Total Fat</b> 0g	<b>0%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 1mg	<b>0%</b>
<b>Sodium</b> 16mg	<b>1%</b>
<b>Total Carbohydrate</b> 1g	<b>0%</b>
Dietary Fiber 0g	<b>0%</b>
Total Sugars 1g	
<b>Protein</b> 2g	<b>3%</b>
Vitamin D 0mcg	<b>0%</b>
Calcium 21mg	<b>2%</b>
Iron 0.5mg	<b>1%</b>
Potassium 45mg	<b>1%</b>
Phosphorus 23mg	<b>2%</b>

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.