

Creamy Cucumber-Dill Dip

Healthy Cooking in the Classroom



Bits & Tips

Vegetables are very important for our bodies, try and eat a rainbow of colors

Vegetables are a significant source of vitamins, minerals, and fiber

Get 2-3 servings of fruits and veggies a day, a typical serving size for vegetables is 1 cup

You don't need to eliminate sweets all together but focus on portion control while cutting down the amount of sweets that we eat

Stay hydrated! One of the biggest mistakes we make is thinking we are hungry when we are actually thirsty-drink plenty of water. Be attentive to hunger and fullness

Try using this dip with grilled salmon or chicken

Using Greek yogurt will add more protein

Keep veggies cut up and ready to eat, this encourages eating them for a snack

Rinse vegetables under cool running water before eating

Vegetables are naturally low in calories and there is NO cholesterol in vegetables!

Here's What You Need:

- 1 cup fat free plain yogurt
- ½ medium peeled, finely chopped cucumber
- 1 ½ tsp dried dill
- 2 tsp minced onion

Here's What You Do:

1. Peel the cucumber using a vegetable peeler, as we practiced today in class.
2. Mince the onion using the technique taught in class, be sure to have an adult oversee this.
3. Combine all ingredients in a small bowl-remember to "wake up" the dill by rubbing it in your palms before adding it in with the other ingredients.
4. Combine and **FOLD**, using a spatula and scraping the sides of the bowl.
5. Best to refrigerate before using.
6. Serve with a variety of vegetables such as bell peppers, celery, or carrots.

Our Snack today has:

- Approximately 13 calories,
- 2 g. carbohydrate, 2 g. sugar,
- 0 g. total fat,
- 1 g. protein, fiber will come from the veggies

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