

Mediterranean Cucumber Dip



**Greater Cleveland
Food Bank**

INGREDIENTS

- 1/2 cup cucumber, grated, shredded or minced
- 1 teaspoon salt
- 1 cup yogurt, plain, (preferably Greek)
- 1 teaspoon lemon juice
- 1/4 teaspoon garlic powder
- 1/8 teaspoon black pepper
- 1/2 teaspoon parsley or mint, minced
- 1 tablespoon olive oil (optional)

DIRECTIONS

1. Mix cucumber + half of salt in strainer. Let sit at least 1 hour at room temperature to drain water.
2. Mix yogurt, lemon, garlic, black pepper, herb and oil.
3. Mix yogurt, lemon, garlic, black pepper, herb and oil.
4. Squeeze water out of cucumber, then mix into yogurt.
5. Taste and add rest of salt if needed.
6. Let sit in fridge for a while before eating. (flavors will blend)
7. Serve with baby carrots, bell peppers, broccoli florets, cherry tomatoes, cucumber slices, pita bread and/or crackers.

Mediterranean Cucumber Dip



**Greater Cleveland
Food Bank**

INGREDIENTS

- 1/2 cup cucumber, grated, shredded or minced
- 1 teaspoon salt
- 1 cup yogurt, plain, (preferably Greek)
- 1 teaspoon lemon juice
- 1/4 teaspoon garlic powder
- 1/8 teaspoon black pepper
- 1/2 teaspoon parsley or mint, minced
- 1 tablespoon olive oil (optional)

DIRECTIONS

1. Mix cucumber + half of salt in strainer. Let sit at least 1 hour at room temperature to drain water.
2. Mix yogurt, lemon, garlic, black pepper, herb and oil.
3. Mix yogurt, lemon, garlic, black pepper, herb and oil.
4. Squeeze water out of cucumber, then mix into yogurt.
5. Taste and add rest of salt if needed.
6. Let sit in fridge for a while before eating. (flavors will blend)
7. Serve with baby carrots, bell peppers, broccoli florets, cherry tomatoes, cucumber slices, pita bread and/or crackers.