



Creamy Cucumber and Celery Dip

Serves 4

Ingredients:

- 1 cup plain yogurt
- 3 celery ribs
- 1 English cucumber
- 2 tablespoons chopped fresh parsley
- 3 tablespoons fresh lemon juice
- 2 teaspoons extra-virgin olive oil

Directions:

1. Cut celery into small chunks.
2. Slice cucumbers into thin slices.
3. In bowl, toss together celery, cucumber, yogurt, parsley or cilantro, lemon juice, and olive oil. Mix together well.
4. Serve with crackers.

FeatureIntro: A light flavored dip for healthy snacking.

RecipeIntro: Perfect for parties and weekend snacking.

Season: Winter

Week: 201902