Cucumber

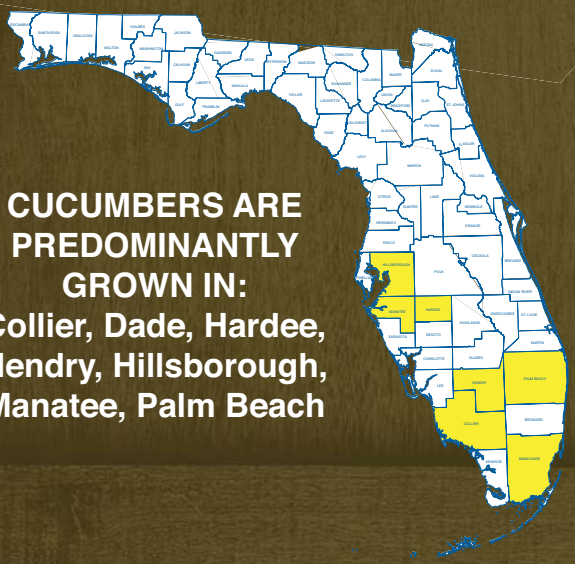
Served This Week at Lunch

FLORIDA CUCUMBER-YOGURT DIP

8 ozs low-fat plain yogurt
2 medium Florida cucumbers, peeled and seeds removed, chopped fine
1 tsp seasoning blend (any)
Salt and pepper to taste
Juice of 1/2 lemon

- Combine all ingredients in a medium sized mixing bowl.
- Taste and adjust seasoning with salt and pepper.
- Serve chilled with whole wheat crackers and fresh cut Florida veggies.

Yield 2 to 4 servings



CUCUMBERS ARE PREDOMINANTLY GROWN IN:
Collier, Dade, Hardee, Hendry, Hillsborough, Manatee, Palm Beach

MyFloridaTray

Eat right. Eat local. Exercise. Have fun!

Protein	Grain	Milk
Vegetable	Fruit	

Florida Department of Agriculture and Consumer Services
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