

Beet and Cucumber Yogurt Dip

Prep Time 10 mins
 Total Time 10 mins
 Meal Type Lunch,Snack,Side
 Contributed By **LivingPlateRx**
 Source Living Plate
 Servings 4



Ingredients

lb,c g,ml

- 2 cups plain yogurt, 2% fat
- 2 small beets, *pre-cooked*
- 1/2 large cucumber, *peeled and grated*
- 1/2 cup dill, fresh, *chopped*
- 1 clove garlic, *minced*
- 2 scallions, *chopped*
- 2 Tbs olive oil
- salt, *to taste*

Directions

Prep

1. Grate cooked beets.
2. Peel and grate cucumber.

Make

1. Add all ingredients to bowl and stir to combine.
2. Season with salt to taste.

Notes

This dip gets better with age. So try and let it sit a few hours in the refrigerator before consuming {it will be hard!} Serve with plenty of raw vegetables – the best vehicle for this deliciousness.

Culinary tip: Grating beets can get messy. We use gloves when handling beets but you can also strategically grip them with a paper towel while grating. Place grater in a bowl and grate beets directly into it.

Source: Nutrient data for this listing was provided by USDA Food Composition Database. Each "--" indicates a missing or incomplete value.

Nutrition information for recipes is calculated by retrieving and compiling individual food data from the USDA database. Factors such as brand selection, size of produce, and preparation can change nutrition information in any recipe. We offer this information as an estimate only.

Nutrition Facts		Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
Calories 170 per serving		Total Fat 9.2g	14%	Total Carbohydrates 10g	3%
		Saturated Fat 2.5g	12%	Dietary Fiber 2g	8%
		Trans Fat 0.0g		Total Sugars 6g	
		Cholesterol 15mg	5%	Protein 13g	
		Sodium 75mg	3%		
		Vitamin D 0mcg 0% · Calcium 1271mg 127% · Iron 1mg 3% · Potassium 213mg 4%			

* The percent 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.

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