

# FEBRUARY HEART HEALTH

## CREAMY CUCUMBER DILL DIP

**Fat-Free, Plain Yogurt:** provides protein, calcium, and gut-healthy probiotics. Opting for fat-free yogurt reduces saturated fat content, supporting heart health while still delivering essential nutrients.

**Cucumber:** a hydrating and low-calorie vegetable, contributes antioxidants such as vitamin C and flavonoids, which help reduce inflammation and oxidative stress in the body, promoting cardiovascular wellness.

**Fresh Dill:** offers antioxidants that protect against oxidative damage to blood vessels.

**Minced Onions:** bring flavonoids and sulfur compounds that may lower cholesterol levels and reduce blood pressure, further supporting heart health.

**Lemon Juice:** provides vitamin C and antioxidants, contributing to reduced inflammation and oxidative stress associated with heart disease. Lemon juice enhances the dip's taste without the need for added salt or unhealthy fats, aligning with heart-healthy eating principles.

### INGREDIENTS:

Servings: 24 (1/4 cup dip)

#### Ingredients:

- 2 cups fat-free, plain yogurt
- 1 peeled, finely chopped cucumber
- 1/4 cup fresh, chopped dill
- 4 tsp minced onions
- 1/4 cup lemon juice
- Veggie sticks for dipping

#### Directions:

- In a small bowl combine all ingredients and stir well. Refrigerate prior to serving.
- Use this dip for fresh veggie sticks (bell pepper slices, sliced squash, baby carrots, celery sticks, etc.).

Nutrition Facts	
<b>Calories</b>	31
<b>Total Fat</b>	0 g
Saturated Fat	0 g
Trans Fat	0 g
Polyunsaturated Fat	0 g
Monounsaturated Fat	0 g
<b>Cholesterol</b>	0 mg
<b>Sodium</b>	36 mg
<b>Total Carbohydrate</b>	6.1 g
Dietary Fiber	0.9 g
Sugars	2.2 g
Added Sugars	0 g
<b>Protein</b>	1.7 g

