

Fresh Vegetable Yogurt Salad

Inspired by natalieparamore.com
Contributed by Dena F., Hopelink Harvest volunteer

Ingredients:

- 1 1/2 cups plain yogurt
- 1 ounce lemon juice, or juice of half a lemon
- 1 teaspoon salt
- 1 tablespoon dried dill (or 3 tablespoons fresh)
- 1 teaspoon black pepper
- *Optional:* 1/2 teaspoon garlic, 1 teaspoon coriander, 1/2 teaspoon red pepper flakes, 1 teaspoon cayenne pepper
- 1 cup broccoli, chopped
- 1 cup carrots, shredded
- 1 cup cucumber, diced and peeled
- 3/4 cup green bell pepper, diced

Method:

1. Put yogurt in large mixing bowl and add spices. Mix well.
2. Add vegetables and stir until well-coated.
3. Serve immediately or chill up to 1 hour before serving. – Enjoy!

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Growing Connections to Fresh Food

