

Dill-Cucumber Dip



POINTS® Value: 1

Servings: 6

Level of Difficulty: Easy

This refreshing yogurt-based dip is inspired by the Greek spread *tzatziki*, and pairs well with pita chips or crudité. Its flavor is enhanced the longer it's chilled, so make it a day or so before you want to eat it.

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Ingredients

- 1 large onion(s)
- 2/3 cup low-fat plain yogurt
- 8 oz fat-free cream cheese
- 1/4 tsp table salt
- 1/8 tsp black pepper, or to taste
- 2 tsp dill, fresh, or 1 tsp dried dill weed
- 2 large cucumber(s), peeled and cut into bite-size cubes

Instructions

- Chop onion in a food processor or blender. Add yogurt, cream cheese, salt, pepper and dill; whirl until well combined. Fold in cucumber; chill until ready to serve. Yields about 3 heaping tablespoons per serving.