



CREAMY CUCUMBER DIP

A DAY 1/3 RECIPE

Makes about 2 cups. This simple and refreshing dip, featuring cashews for creaminess, is best enjoyed the day it's made. Serve with fresh vegetables or spread on toasted whole grain bread.

Ingredients:

- 1½ cup raw cashews
- 1 English cucumber, peeled and shredded
- 2 tablespoons fresh lemon juice
- ¼ cup freshly chopped dill
- 2 tablespoons freshly chopped chives
- 2 tablespoons toasted pine nuts (omit, use toasted pepitas)

Per Serving:

Serving size: about ¼ cup, 170 calories (110 from fat), 12g total fat, 2g saturated fat, 0mg cholesterol, 25mg sodium, 12g carbohydrate (3g dietary fiber, 3g sugar), 6g protein

Source:

<http://www.wholefoodsmarket.com>;
Modifications in red by Laura McKay

Method:

Soak cashews with enough water to cover for at least 4 hours. Drain. Place shredded cucumber in a strainer and set aside for at least 15 minutes to drain, then squeeze out as much excess liquid as possible. You should have about 1½ cups packed shredded cucumber. Transfer cucumber to the bowl of a food processor. Add drained cashews, lemon juice, dill and chives and purée until dip is smooth and creamy. Garnish with pine nuts and serve.

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