



The Kitchen at Second Harvest  
**Creamy Dill Cucumber Boats**  
 try at home recipe  
 Recipe modified from *ThisSillyGirlsLife.com*

flip to learn more!



**Ingredients**

- 7 mini cucumbers
- 12 oz Greek yogurt
- 1 Tbsp fresh dill
- 1 tsp fresh flat leaf parsley
- 1/8 tsp garlic powder
- salt & pepper to taste

**Yield: 1 serving**  
**Serving Size: 14 pieces**



**Directions**

1. Wash cucumbers and slice in half length wise. Using a small melon baller, scoop out the seeds and discard. Place cucumbers cut side down on paper towels for about an hour to let the excess water run out.
2. Place the Greek yogurt and remaining ingredients in a bowl and mix to combine.
3. Using a knife, fill the cucumber boats with the Greek yogurt filling. Serve and enjoy!

Find more recipes, free classes,  
 and ways to get involved!



[secondharvestkitchen.org](http://secondharvestkitchen.org)



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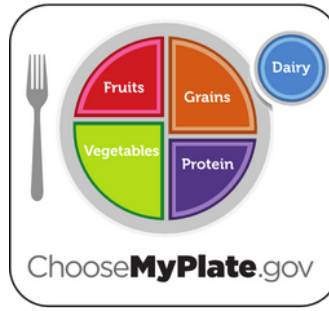


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## Featured Food Groups

The benefits of healthy eating add up over time, bite by bite. Small changes matter. Start Simple with MyPlate.

A healthy eating routine is important at every stage of life. It can have positive effects that add up over time. It's important to eat a variety of fruits, vegetables, grains, protein foods, and dairy or fortified alternatives. When deciding what to eat or drink, choose options that are full of nutrients. Make every bite count.



The **Dairy** Group includes milk, yogurt, cheese, lactose-free milk and fortified soy milk and yogurt.



Any **vegetable** or 100% vegetable juice counts as part of the Vegetable Group. Vegetables may be raw or cooked and can be fresh, frozen, canned, or dried. They can be whole, cut-up, or mashed.

## Cooking Tips

- Try this recipe with other vegetables, such as bell pepper and celery!
- You can substitute Cream Cheese for the Greek Yogurt.
- If you have one available, use a piping bag to pipe the Greek yogurt mixture into the cucumber boats!

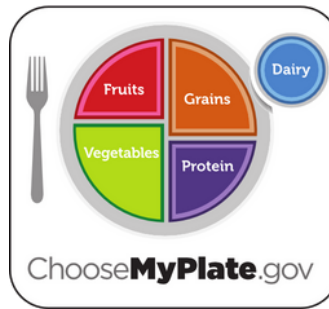
**Second Harvest is an equal opportunity provider.**



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## Nutrition Facts

Nutrition Facts	
1 servings per container	
<b>Serving size</b>	<b>14 pieces</b>
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>270</b>
<small>% Daily Value*</small>	
<b>Total Fat</b> 1.5g	<b>2%</b>
Saturated Fat 0.4g	<b>2%</b>
Trans Fat 0g	
<b>Cholesterol</b> 15mg	<b>5%</b>
<b>Sodium</b> 340mg	<b>15%</b>
<b>Total Carbohydrate</b> 27g	<b>10%</b>
Dietary Fiber 7g	<b>25%</b>
Total Sugars 18g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 42g	<b>84%</b>
Vitamin D 0mcg	<b>0%</b>
Calcium 520mg	<b>40%</b>
Iron 5.4mg	<b>30%</b>
Potassium 517mg	<b>10%</b>

\*The % 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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