



Dressing – Creamy Cucumber

Makes: 50 child servings

Ingredients

Imperial Measurement	Ingredient	Metric Measurement
1 ½ cups	sour cream	350 mL
½ cup	plain yogurt	125 mL
2	green onion, chopped	2
1	cucumber, chopped	1
½ tsp	salt	2 mL
Optional:		
½ cup	fresh dill pepper	125 mL

Instructions

1. Combine all ingredients and process with immersion blender.
2. Refrigerate until ready to serve.

Nutrition Information

Serving 8 g (2 tsp)

Calories 15
Fat 1 g
Saturated 0.5 g
+ Trans 0 g
Sodium 15 mg
Carbohydrates 1 g
Fibre 0 g
Sugars 0 g
Protein 0 g
Calcium 10 mg
Iron 0 mg

Food Guide Servings

Does not contribute
towards Food Guide
Servings