

Farmers Market Fun Family Recipes



CUCUMBER- AVOCADO DIP

Serving Size: 1 Appetizer

Yield: 2 Tablespoons
per serving

Ingredients

- 1 tomato
- 2 cucumbers
- 2 cups sour cream
- 1 package dried Italian salad dressing mix
- 1 avocado, peeled and diced

Instructions

1. Peel, seed, and dice tomato.
2. Peel, split lengthwise, seed, and dice cucumbers.
3. Thoroughly drain all liquid from tomato and cucumbers.
4. Mix all the ingredients and chill before serving.
5. Serve with chips or vegetables. Also good as a dressing for chicken salad.

– Over –





Nutrition information:

Calories: 31
Carbohydrate: 4 gm
Fiber: 0.5 gm
Fat: 1 gm
Protein: 1 gm
Cholesterol: 3 mg
Sodium: 30 mg

*For more information,
contact your county
WVU Extension office
or go to www.ext.wvu.edu.*



References

www.lpl.arizona.edu/~bcohen/cucumbers/history.html
www.whfoods.org
www.extension.iastate.edu/news/2009/mar/060201/htm

Remember

Always wash your hands before preparing or eating produce. To properly wash your hands, use warm running water, lather with soap for 20 seconds, and dry hands with a clean paper towel or hand towel. Use the towel to turn off the tap. This prevents bacteria that you transferred to the tap handle when turning on the water from recontaminating your hands.

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