## Rainbow Veggies



## Makes 2-3 Servings

## Ingredients

- O 1 cup cherry tomatoes
- O 1 cup baby carrots
- O 1 yellow pepper, sliced
- O 1 small cucumber, sliced into rounds or spears
- O Juice from 1/2 a lemon
- O 1/2 cup plain Greek yogurt
- O Salt, to taste

## **Directions**

- 1. Arrange cherry tomatoes, baby carrots, yellow pepper slices and cucumber slices in rainbow order on a plate.
- 2. Squeeze lemon into a small bowl and stir in yogurt and salt. Mix together to serve as dip with the veggies.



Recipe from: Feeding PA and PA Eats







feedingpa.org/hpi

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