

Rainbow Veggies



Makes 2-3 Servings

Ingredients

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

