Celebrating Seasonality: Wisconsin-Grown Recipes for the Early Childhood Setting
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Summer recipe: snack
Food components used: vegetables, meat/meat alternate
Specialty crop: cucumbers, tomatoes, herbs

Garden Bites with Herbed Yogurt Dip				
Ingredients	**8 Servings**		**25 Servings**	
	Measure	Weight	Measure	Weight
Cherry tomatoes, halved	2 cups	1 lbs	6 ¼ cups	2.5 lbs
Cucumbers, sliced	2 cups	1 lbs	6 ¼ cups	2 lbs

Herbed Yogurt Dip		
Ingredients	**8 Servings**	**25 Servings**
Plain Greek yogurt	2 cups	6 ¼ cups
Finely chopped* fresh mint	3 Tbsp	½ cup
Finely chopped* fresh parsley	3 Tbsp	½ cup
Finely chopped* fresh dill	1 Tbsp	3 Tbsp
Grated garlic*	2 cloves	6 cloves
Lemon juice	1 Tbsp (about 1/2 lemon)	3 Tbsp (about 1 ½ lemons)
Lemon zest	Zest of 1/2 lemon	Zest of 1 ½ lemons
Salt	½ tsp	1 ½ tsp

Pepper	¼ tsp	¾ tsp

Directions:

For the Garden Bites:

1. Cut cherry tomatoes in half and cucumbers into ¼” thick slices.

For the Herbed yogurt Dip:

1. Combine the yogurt, herbs, garlic, lemon juice and zest, and seasonings in a bowl and mix well.
2. Cover with plastic wrap and refrigerate until serving.

Tips:
-If available, can use a food processor or immersion blender to finely chop herbs and combine ingredients and save on time.
-Peel (or partly peel) cucumbers if they have tough outer skin
-Substitute herbs with whatever you have available

Serving Sizes for **Snack**

Age Group	**Serving Size**
Ages 1-2	½ cup vegetables (heaped) + ¼ cup yogurt dip
Ages 3-5	½ cup vegetables (heaped) + ¼ cup yogurt dip

NOTE: The number of servings is based on ½ cup vegetables (heaped) + ¼ cup yogurt dip portions for Ages 3-5; Number of servings may increase or decrease based on the ages of the children served and the amount served. This recipe provides ½ cup of vegetables + ¼ cup meat/meat alternate per serving.