

Spring Harvest Cups w/Herb Yogurt Dipping Sauce

DIRECTIONS

Servings: 2

Ingredients:

For the Herb Yogurt Dipping Sauce:

- 1 cup plain Greek yogurt
- 2 tablespoons fresh mint, finely chopped
- 2 tablespoons fresh dill, finely chopped
- 1 tablespoon fresh lemon juice
- Salt and pepper to taste

For the Fresh Garden Produce:

Use the bounty of your spring garden! Here are some ideas of tasty items to layer in cups...

- Radishes, washed and sliced
- Sugar snap peas
- Strawberries, hulled and sliced
- Fresh lettuce
- Chopped carrots
- Broccoli florets

Instructions:

1. In a small bowl, let the students combine the Greek yogurt, chopped mint, chopped dill, lemon juice, salt, and pepper. Mix well to create the yogurt herb dipping sauce. Set aside.
2. Provide students with cups to arrange their freshly harvested radishes, peas, strawberries, and any other garden veggies they would like to include.
3. Instruct students to wash the veggies thoroughly before slicing or shelling them. Encourage them to be careful when using knives or scissors and provide adult supervision as needed.
4. Once the veggies are prepared and arranged, invite students to dip the radishes, peas, strawberries, and other garden veggies into the yogurt herb sauce and enjoy the flavors and textures! You can also encourage the kids to explore different combinations of veggies and get creative with their dipping experience. They can mix and match veggies or create mini skewers with a variety of vegetables.

Enjoy the delicious and nutritious experience of making and enjoying fresh garden produce with a yogurt herb dipping sauce in the classroom!