

### **Zucchini Dip**

Finely shred enough zucchini to make 1/2 cup. Place in strainer and press out moisture. Blend with 1 cup plain low fat yogurt, and 1 minced clove of garlic, or 1/8 teaspoon garlic powder. Add a dash of curry powder or other seasoning and chill 1 hour. Stir before serving. Serve with crisp raw vegetables.

Recipe provided by the Massachusetts Department of Agricultural Resources