

Creamy Creole Dip

Sweet, spicy, tangy – this sauce has it all! It's perfect for baked yuca fries, roasted vegetables, and crunchy carrot sticks!

YIELD	PREP TIME	TOTAL TIME
6 SERVINGS	5 MIN	5 MIN

INGREDIENTS

½ cup	Greek Yogurt, plain, nonfat
2 Tbsp + 2 tsp	Ketchup
2 tsp	Worcestershire Sauce
2 tsp	White Vinegar
1 tsp	Salt-free Creole Seasoning
½ tsp	Black Pepper, ground
½ tsp	Garlic Powder
¼ tsp	Kosher Salt

CHEF'S NOTES

This dressing has the right balance of flavors that will appeal to the whole family. If you want to add some extra heat, mix in your favorite hot sauce. Start by adding a teaspoon at a time until you reach your desired level!

DIRECTIONS

1. Gather all necessary equipment and ingredients. Prepare all ingredients as described above.
2. Combine all ingredients in a small bowl. Whisk together until well combined.
3. The sauce is ready to use immediately. Store leftovers in an airtight container in the fridge for up to a week.

Nutrition Facts

6 servings per container

Serving size 2 Tbsp (31g)

Amount Per Serving

Calories 25

% Daily Value*

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 190mg 8%

Total Carbohydrate 4g 1%

Dietary Fiber 0g 0%

Total Sugars 3g

Includes 2g Added Sugars 4%

Protein 2g 4%

Vitamin D 0mcg 0%

Calcium 20mg 2%

Iron 0.1mg 0%

Potassium 40mg 0%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

CONTAINS: MILK, ANCHOVIES

Recipe adapted from Dish by Dish, "Copycat Raising Cane's Sauce" (3/20/23)



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