

Creamy Creole Dip

Sweet, spicy, tangy – this sauce has it all! It's perfect for baked sweet potato or yuca fries, roasted vegetables, and homemade chicken nuggets.

YIELD	PREP TIME	TOTAL TIME
6 SERVINGS	5 MIN	5 MIN

INGREDIENTS

¼ cup	Greek Yogurt, plain, nonfat
¼ cup	Low-Fat Mayonnaise
2 Tbsp	Ketchup
½ tsp	Black Pepper, ground
½ tsp	Garlic Powder
½ tsp	Smoked Paprika
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 one week.

Nutrition Facts

6 servings per container

Serving size 2 Tbsp (31g)

Amount Per Serving

Calories 35

% Daily Value*

Total Fat 2.5g 3%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 220mg 10%

Total Carbohydrate 3g 1%

Dietary Fiber 0g 0%

Total Sugars 2g

Includes 1g Added Sugars 2%

Protein 1g 2%

Vitamin D 0mcg 0%

Calcium 10mg 0%

Iron 0mg 0%

Potassium 20mg 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.

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