



Cool Herb Dip

You can dip any veggies you like, such as broccoli, cauliflower, or sugar snap peas. Storage instructions: Keep in an airtight container for up to 5 days.

<u>U.S.</u>		<u>Metric</u>
1/4 cup	Yogurt, low fat, plain	56.75 g
1/4 cup	Sour Cream, reduced fat	56.75 g
2 tsp	Parsley, fresh, chopped	9.45 g
1 tsp	Dill, fresh, chopped	4.72 g
1 tsp	Lemon Juice	5.0 mL
1/8 tsp	Garlic Powder	0.39 g
1/8 tsp	Salt	0.71 g
1/4 tsp	Black Pepper, ground	0.57 g
<i>To Serve:</i>		
1 each	Cucumber, cut into sticks	1 each
2 each	Carrots, cut into sticks	2 each

Preparation:

1. Gather all ingredients and equipment.
2. In a small mixing bowl, whisk together the yogurt and sour cream.
3. Add in the chopped herbs, lemon juice, and seasonings, and mix to combine.

Nutrition Facts

2 Servings

Serving size 1/4 cup

Amount per serving

Calories 50

Calories from Fat 20

Total Fat 2 q

Saturated Fat 1 q

Trans Fat 0 q

Monounsaturated Fat 0 q

Cholesterol 10 mg

Sodium 190 mg

Total Carbohydrate 5 q

Dietary Fiber 0 q

Total Sugars 5 q

Includes 0g Added Sugars

Protein 3 q

Vitamin D 0 %

Calcium 0 %

Iron 0 %

Potassium 80 mg

Phosphorus 2 mg
