

# Cool Herb Dip

*Using yogurt as a healthy alternative to mayonnaise in this tasty dip keeps the creaminess you love without the extra calories and saturated fat!*

<b>YIELD</b> <b>6 SERVINGS</b>	<b>PREP TIME</b> <b>5 MIN</b>	<b>TOTAL TIME</b> <b>5 MIN</b>
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## INGREDIENTS

½ cup	Yogurt, plain, low-fat
½ cup	Sour Cream, reduced-fat
2 tsp	Parsley, dried
1 tsp	Dill, dried
½ each	Lemon, juiced
½ tsp	Black Pepper
¼ tsp	Garlic Powder
¼ tsp	Kosher Salt

## CHEF'S NOTES

This versatile dip can be used in a variety of ways.

- It's a delicious dip for any veggies you like, such as broccoli, cauliflower, or sugar snap peas
- Dress your sandwich to add herby flavor in a creamy spread
- Serve as a dip for chicken tenders
- Use as a dressing. Goes great on crisp greens or a veggie-filled pasta salad
- Marinate chicken or pork before baking

## DIRECTIONS

1. Gather all necessary equipment and ingredients. Prepare all ingredients as described above.
2. In a small bowl, combine all ingredients. Stir until thoroughly combined. Refrigerate until ready for use. Can be stored in the refrigerator for up to 5 days.

# Nutrition Facts

6 servings per container

**Serving size** 2 Tbsp (42g)

**Amount Per Serving**

**Calories** 35

**% Daily Value\***

**Total Fat** 2g 3%

Saturated Fat 1g 5%

*Trans* Fat 0g

**Cholesterol** 10mg 3%

**Sodium** 105mg 5%

**Total Carbohydrate** 2g 1%

Dietary Fiber 0g 0%

Total Sugars 2g

Includes 0g Added Sugars 0%

**Protein** 2g 4%

Vitamin D 0.2mcg 2%

Calcium 60mg 4%

Iron 0.2mg 0%

Potassium 90mg 2%

\* 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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