

Creamy Vegetable Dip

Makes: 12 Servings

Combining yogurt or cottage cheese with savory herbs and spices makes this veggie dip cool and delicious.

Ingredients

2 cups yogurt, low-fat plain (or small curd or creamed cottage cheese)

1/4 teaspoon black pepper

1/2 teaspoon garlic powder

2 tablespoons dried, minced onion

1 tablespoon dried parsley flakes

1/2 teaspoon salt (optional)

1/2 teaspoon dill weed (optional)

Directions

1. In a medium-sized bowl, combine yogurt (or cottage cheese), pepper, garlic powder, dried onion, dried parsley, salt, and dill (if used). Beat until smooth.

2. Chill dip in refrigerator until ready to serve. Serve with raw vegetables.

Notes

Suggested approximately 6 cups of vegetables for serving including: broccoli florets, cauliflower florets, carrot sticks, celery sticks, jicama, sliced bell pepper, or sliced cucumber.

Nutrition Information

Nutrients	Amount
Calories	29
Total Fat	1 g
Saturated Fat	0 g
Cholesterol	2 mg
Sodium	29 mg
Total Carbohydrate	4 g
Dietary Fiber	0 g
Total Sugars	3 g
Added Sugars included	0 g
Protein	2 g
Vitamin D	N/A
Calcium	78 mg
Iron	0 mg
Potassium	113 mg

N/A - data is not available

MyPlate Food Groups

 Dairy	1/4 cup
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