

Dip for Fresh Vegetables

Ingredients	Pint		Quart		Directions
	Weight	Measure	Weight	Measure	
Lowfat plain yogurt	4 $\frac{3}{8}$ oz	$\frac{1}{2}$ cup	8 $\frac{3}{4}$ oz	1 cup	1. Combine all ingredients. Blend well. 2. CCP: Refrigerate within 1 hour. Hold at 40° F or colder. Cover. Refrigerate until ready to serve. For best results, refrigerate overnight to develop flavor. 3. Portion with 1 oz ladle (2 Tbsp).
Reduced calorie salad dressing	10 oz	1 $\frac{1}{4}$ cups	1 lb 4 oz	2 $\frac{1}{2}$ cups	
OR	OR	OR	OR	OR	
Lowfat mayonnaise	10 oz	1 $\frac{1}{4}$ cups	1 lb 4 oz	2 $\frac{1}{2}$ cups	
Instant nonfat dry milk, reconstituted		$\frac{1}{4}$ cup		$\frac{1}{2}$ cup	
Dried parsley		1 Tbsp		2 Tbsp	
Granulated garlic		$\frac{3}{8}$ tsp		$\frac{3}{4}$ tsp	
Onion powder		$\frac{3}{8}$ tsp		$\frac{3}{4}$ tsp	
Salt		$\frac{3}{4}$ tsp		1 $\frac{1}{2}$ tsp	
Ground black or white pepper		$\frac{1}{4}$ tsp		$\frac{1}{2}$ tsp	

SERVING:	YIELD:	VOLUME:
2 tablespoons (1 oz ladle).	1 Pint	16 1 oz servings
	1 Quart	32 1 oz servings
	Edited 2014	

Special Tip:
 Serve with raw vegetables or tossed green salads.

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Nutrients Per Serving

Calories	52	Saturated Fat	0.62 g	Iron	0.19 mg
Protein	0.59 g	Cholesterol	8 mg	Calcium	18 mg
Carbohydrate	4.70 g	Vitamin A	28 IU	Sodium	272 mg
Total Fat	3.49 g	Vitamin C	0.2 mg	Dietary Fiber	0.2 g