

# Veggie Dip



**GREATER  
CHICAGO**  
- FOOD -  
DEPOSITORY.

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**Serves:** 12

**Prep:** 5 minutes

## INGREDIENTS

- 2 cups plain yogurt, low-fat (or low-fat 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 size bowl, combine all ingredients and mix until smooth.
2. Chill dip in refrigerator until ready to serve.



### Nutrition Information

*Serving Size: 2 tablespoons*

<b>Calories</b>	<b>30</b>
<b>Total fat</b>	<b>1 g</b>
Saturated Fat	0 g
Trans fat	0 g
<b>Cholesterol</b>	<b>2 mg</b>
<b>Sodium</b>	<b>29 mg</b>
<b>Carbohydrates</b>	<b>4 g</b>
Fiber	0 g
Sugars	3 g
<b>Protein</b>	<b>2 g</b>

Recipe adapted from:  
MyPlate USDA