

## Veggie Dip

### Ingredients:

- 1 cup fat-free sour cream
- 1 Tablespoon onion, chopped
- 1 Tablespoon seasoned salt
- 1 cup low-fat mayonnaise
- 1 Tablespoon parsley
- 1 Tablespoon dill weed

### Directions:

1. Mix all ingredients at least 12 hours before serving.
2. Keep refrigerated.

**\*\*Delicious on baked potatoes or as a dip for raw vegetables.**

### Nutritional Facts:

#### Regular Ingredients:

Saturated Fat: 3 g  
Total Fat: 13 g  
Cholesterol: 15 mg  
Sodium: 320 mg  
Calories: 120/serving

#### Low-fat Ingredients:

Calories: 35/serving  
Saturated Fat: 0 g  
Total Fat: 1 g  
Cholesterol: 0 mg  
Sodium: 370 mg