



Vegetables & Creamy Dip

Vegetables

Makes: 6 (1 cup) servings
 Preparation Time: 10 minutes

Ingredients

6 cups raw vegetables (broccoli florets, cauliflower florets, carrot sticks, celery sticks, jicama, sliced bell pepper, sliced cucumber)

Directions

1. Wash all vegetables.
2. Arrange vegetables on a plate around a small bowl.

Creamy Dip

Makes: 12 (2 tablespoon) servings
 Preparation Time: 10 minutes

Ingredients

2 cups plain yogurt (or substitute 2 cups of small curd or creamed cottage cheese as an alternative to yogurt)
 ¼ teaspoon black pepper
 ½ teaspoon garlic powder
 2 tablespoons dried, minced onion
 1 tablespoon dried parsley flakes
 ½ teaspoon salt
 ½ teaspoon dill weed (optional)

Directions

1. In a medium sized bowl, combine yogurt, 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.

Creamy Dip

Nutrition Facts	
Serving Size 2 tablespoons (39g)	
Servings Per Container 12	
Amount Per Serving	
Calories 30	Calories from Fat 5
<small>% Daily Value*</small>	
Total Fat 0.5g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 125mg	5%
Total Carbohydrate 4g	1%
Dietary Fiber 0g	0%
Sugars 3g	
Protein 2g	

