

Ranch Veggie Dip

Ingredients:

2 T Dried Parsley
1.5 t Dried Dill
2 t. Garlic Powder
2 t. Onion Powder
1 t. Ground Pepper
1 t. Dried Chives
1 t. Salt

Plain Greek Yogurt



Directions: Combine all seasonings and store in sealed jar. For every 1 cup yogurt, use 1-2 T seasoning. Stir together and serve with veggies of choice!

Notes: Dip is best when made 1 day prior to eating to allow flavors to blend. Spices can be adjusted to preferences. Using 2% or full fat yogurt will increase the calories a bit, but still be a healthy alternative. Veggie dipper ideas include: carrots, celery, cherry tomatoes, radishes, cucumbers, peppers, and mushrooms!



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**Nutrition Information per serving
(2 T dip made with FF Greek Yogurt)**

Standard Dip

Calories: 35

140 Calories

Fat: 0 grams

7 g Fat

Protein: 2 grams

0 g Protein

Carbohydrates: 2 grams

2 g Carbs

Sodium: 75 g

200 mg Sodium