



Dill Pickle Dip

4 Servings • 1 Serving = 1/4 Cup

Tips for Dill



How To Store

Spray stems with water, wrap in paper towels & place in a plastic bag in the fridge.



How To Use

Use it to punch up a creamy spread, like this salmon dip, or to make a salad dressing.



Health Benefits

Promotes healthy liver function & strong bones.

INGREDIENTS

- 1 cup plain nonfat Greek yogurt
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- 1 teaspoon lemon juice
- 2 teaspoons dried dill
- 1/4 cup dill pickle relish

DIRECTIONS

- In a large bowl, combine Greek yogurt, garlic powder, onion powder, lemon juice, dried dill, and relish. Whisk until combined.
- Optional: refrigerate for 30 minutes before serving to let flavors combine.
- Serve with chopped vegetables or whole wheat crackers.

Nutrition Facts

4 servings per container

Serving size 1/4 cup (77g)

Amount per serving

Calories 40

% Daily Value*

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 5mg 2%

Sodium 160mg 7%

Total Carbohydrate 4g 1%

Dietary Fiber 0g 0%

Total Sugars 2g

Includes 0g Added Sugars 0%

Protein 6g

Vitamin D 0mcg 0%

Calcium 84mg 6%

Iron 0mg 0%

Potassium 135mg 2%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



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