

# Herbed Yogurt Dip

8 Servings • 1 Serving = 2 Tablespoons



## INGREDIENTS

- 1 cup nonfat plain Greek yogurt
- 2 Tablespoons extra virgin olive oil
- 2 Tablespoons dried parsley
- 2 Tablespoons dried chives
- 2 Tablespoons dried dill
- ¼ teaspoon salt

## DIRECTIONS

1. Combine all ingredients in a bowl and stir well.
2. For best results, cover and store in the refrigerator for at least 30 minutes before serving.

## Nutrition Facts

8 servings per container  
Serving size **2 Tablespoons**  
(33g)

Amount per serving  
**Calories** **50**

% Daily Value\*

Total Fat 3.5g 4%

Saturated Fat 0.5g 3%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 85mg 4%

Total Carbohydrate 2g 1%

Dietary Fiber 0g 0%

Total Sugars 1g

Includes 0g Added Sugars 0%

**Protein** 3g

Vitamin D 0mcg 0%

Calcium 49mg 4%

Iron 0mg 0%

Potassium 78mg 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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