

Ranchy Dip

8 Servings • 1 Serving = 2 Tablespoons



INGREDIENTS

- 1 cup plain low-fat or nonfat Greek yogurt
- Juice of 1 lemon
- 2 Tablespoons dried parsley
- 2 Tablespoons dried chives
- 1 teaspoon dried dill
- ¼ teaspoon salt

DIRECTIONS

1. Combine all ingredients in a bowl and stir well.
2. Cover and store in the refrigerator for at least 30 minutes before serving.

Nutrition Facts

8 servings per container
Serving size 2 Tablespoons

Amount per serving

Calories **20**

% Daily Value*

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 85mg 4%

Total Carbohydrate 1g 0%

Dietary Fiber 0g 0%

Total Sugars 1g

Includes 0g Added Sugars 0%

Protein 3g

Vitamin D 0mcg 0%

Calcium 38mg 2%

Iron 0mg 0%

Potassium 57mg 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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