



## Vegetables with Herb Dip

4 Servings • 1 Serving = ¼ Cup of Dip with 1 Cup Vegetables

### INGREDIENTS

- ½ cup nonfat or low-fat plain Greek yogurt
- ½ cup low-fat plain cream cheese, softened
- 1 small bunch dill, chopped
- 2 Tablespoons chives, chopped
- Juice of ½ lemon
- ¼ teaspoon salt
- ½ teaspoon black pepper
- Assorted raw vegetables such as celery sticks, baby carrots, broccoli florets, cauliflower florets, or cucumber slices
- 5 whole grain crackers

### DIRECTIONS

1. In a large bowl, combine the yogurt with the cream cheese. Stir well with a silicone spatula until combined.
2. Add dill and chives to the dip and stir well.
3. Add lemon juice and season with salt and pepper. Stir well and let sit in the refrigerator for at least 30 minutes.
4. Serve with vegetables and crackers.

### Nutrition Facts

4 servings per container  
Serving size 1/4 cup dip with 1 cup veggies

Amount per serving  
**Calories** **110**

% Daily Value\*

Total Fat 5g	6%
Saturated Fat 3g	15%
Trans Fat 0g	
Cholesterol 20mg	7%
Sodium 310mg	13%
Total Carbohydrate 10g	4%
Dietary Fiber 2g	7%
Total Sugars 6g	
Includes 0g Added Sugars	0%
Protein 6g	
Vitamin D 0mcg	0%
Calcium 110mg	8%
Iron 0mg	0%
Potassium 420mg	8%

\*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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