Vegetables & Creamy Dip

Vegetables
Makes 6 – 1 cup servings

Ingredients:
6 cups raw vegetables (broccoli florets, cauliflower florets, carrot sticks, celery sticks, jicama, sliced bell pepper, sliced cucumber)

Directions (Vegetables):
1. Wash all vegetables.
2. Arrange vegetables on a plate around a small bowl.

Dip
Makes 12 servings

Ingredients:
2 cups plain yogurt (or substitute 2 cups of small curd or creamed cottage cheese as an alternative to yogurt)
¼ teaspoon black pepper
½ teaspoon garlic powder
2 tablespoons dried, minced onion
1 tablespoon dried parsley flakes
½ teaspoon salt
½ teaspoon dill weed (optional)

Directions (Dip):
1. In a medium sized bowl, combine yogurt, pepper, garlic powder, dried onion, dried parsley, salt, and dill (if used). Beat until smooth.
2. Chill dip in refrigerator until ready to serve. Serve with raw vegetables.

Source: Eating Smart Being Active Colorado State University and University of California Extension

Recipe analyzed using The Food Processor® Nutrition Analysis Software from ESHA Research, Salem, Oregon.

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