Onion Dip
Makes 24 – 1 tablespoon servings

Ingredients:

- ¼ cup chopped green onion
- 2 tablespoons dried onion
- 1 cup plain low fat yogurt
- ¼ cup light mayonnaise

Directions:

1. In a large bowl, combine green onion, dried onion, yogurt and mayonnaise until mixed evenly.
2. Serve after 1 hour, or up to 2 days later, with your favorite raw vegetables.

Source:
Finding A Balance curriculum, Food and Nutrition Education in Communities, Cornell University, Division of Nutritional Sciences