Creamy Dill Dip
Makes 16 servings

Ingredients:
1 cup sour cream, nonfat
1 cup yogurt, nonfat plain
2 tablespoons dried dill

Directions:
1. Put the sour cream, yogurt, and dill in a medium bowl.
2. Stir together.
3. Serve with cut-up vegetables such as carrots, celery, broccoli, cauliflower, cherry tomatoes, cucumbers, etc.
4. Keep the dip in the fridge until you serve it. Store in covered container if you don’t plan to eat it right away.

Note: If you want a creamy salad dressing, add a few tablespoons of water to the dip.

Source: Food Stamp Nutrition Connections (Adapted from Pennsylvania Nutrition Education Network Website Recipes, The Pennsylvania Nutrition Education Program)