Vegetable Dip
Serves 20
Serving Size: 1 Tablespoon
Cost per Serving: $0.12

Ingredients:
2 containers (5.3 ounces) plain Greek yogurt
1 green onion, thinly sliced
2 teaspoons dried parsley flakes
½ teaspoon salt
¼ teaspoon ground black pepper
¼ teaspoon garlic powder

Directions:
1. Stir all ingredients together.
2. Store in an airtight container in the refrigerator overnight.
3. Serve with washed and prepared fresh vegetables.

Nutrition Facts per Serving: 10 Calories, 0g total Fat (0g sat. fat), 0mg. Cholesterol, 65mg Sodium, 1g Carbohydrates, 0g Fiber, 0g Sugar, 1g Protein

Recipe compliments of Iowa State University Extension:
Healthy & Homemade Meals 2019 Nutrition & Fitness Calendar