

Recipe of the Month – January 2019

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*



THE OHIO STATE UNIVERSITY

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