

Creamy Dip for Fresh Vegetables

Ingredients	1 Quart		1 Gallon		Directions
	Weight	Measure	Weight	Measure	
Lowfat plain yogurt	8 $\frac{3}{4}$ oz	1 cup	2 lb 3 oz	1 qt	1. Combine all ingredients. Blend well.
Reduced calorie salad dressing	1 lb 3 $\frac{1}{2}$ oz	2 $\frac{1}{2}$ cups	4 lb 14 oz	2 qt 2 cups	
OR	OR	OR	OR	OR	
Lowfat mayonnaise	1 lb 3 $\frac{1}{2}$ oz	2 $\frac{1}{2}$ cups	4 lb 14 oz	2 qt 2 cups	
Instant nonfat dry milk, reconstituted		$\frac{1}{2}$ cup		2 cups	
Dried parsley		2 Tbsp		$\frac{1}{2}$ cup	
Granulated garlic		$\frac{3}{4}$ tsp		1 Tbsp	
Onion powder		$\frac{3}{4}$ tsp		1 Tbsp	
Salt		1 $\frac{1}{2}$ tsp		2 Tbsp	
Ground black or white pepper		$\frac{1}{2}$ tsp		2 tsp	
					2. Cover. Refrigerate until service. For best results, refrigerate overnight to develop flavor.
					3. Portion with 1 oz ladle (2 Tbsp).

SERVING:	YIELD:	VOLUME:
2 Tbsp (1 oz ladle).	1 Quart: about 32 1 oz servings	1 Quart: about 1 quart
	1 Gallon: about 128 1 oz servings	1 Gallon: about 1 gallon

Edited 2004

Special Tip:
Serve with raw vegetables or tossed green salads.

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Nutrients Per Serving					
Calories	52	Saturated Fat	0.61 g	Iron	0.18 mg
Protein	0.70 g	Cholesterol	8 mg	Calcium	22 mg
Carbohydrate	4.76 g	Vitamin A	27 IU	Sodium	269 mg
Total Fat	3.41 g	Vitamin C	0.2 mg	Dietary Fiber	0.2 g