

Dip for Fresh Vegetables

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Plain lowfat yogurt	4 oz	1/2 cup	8 3/4 oz	1 cup	1. Combine all ingredients. Blend well. 2. Cover. Refrigerate until ready to serve. For best results, refrigerate overnight to develop flavor. 3. Serve with raw vegetables or tossed green salads.
Mayonnaise (can be lowfat) OR	10 oz	1 1/4 cups	1 lb 3 1/2 oz	2 1/2 cups	
Salad dressing (can be lowfat)	10 oz	1 1/4 cups	1 lb 3 1/2 oz	2 1/2 cups	
Reconstituted instant nonfat dry milk		1/4 cup		1/2 cup	
Parsley flakes		1 Tbsp		2 Tbsp	
Garlic powder		3/8 tsp		3/4 tsp	
Onion powder		3/8 tsp		3/4 tsp	
Salt		3/4 tsp		1 1/2 tsp	
Black or white pepper		1/4 tsp		1/2 tsp	

Recipe for 25 servings recipe makes 2 cups of Dip. Recipe for 50 servings makes 1 quart of Dip.

SERVING:	YIELD:	VOLUME:
2 tablespoons (1-oz ladle)	25 Servings: 16 (1-oz) servings	25 Servings: 2 cups
	50 Servings: 32 (1-oz) servings	50 Servings: 1 quart

Nutrients Per Serving			
Calories	134	Saturated Fat	2.2 g
Protein	1 g	Cholesterol	11 mg
Carbohydrate	1 g	Vitamin A	17 RE/68 IU
Total Fat	14.2 g	Vitamin C	0 mg
		Iron	.2 mg
		Calcium	24 mg
		Sodium	219 mg
		Dietary Fiber	0 g