

# Creamy Vegetable Dip

Recipe Component

Salads and Salad Dressing

E-13 modified

|  | 32 Servings |                            | _____ Servings |         |  |
|--|-------------|----------------------------|----------------|---------|--|
| Ingredients  | Weight      | Measure                    | Weight         | Measure | Directions   |
| Low fat plain yogurt                                     |             | 1 cup                      |                |         | 1. Combine all ingredients. Blend well.<br><br>2. Cover. Refrigerate until service. For best results, refrigerate overnight to develop flavor.<br><br>3. CCP: Cool to 41° F or lower within 4 hours.<br><br>4. CCP: Hold at 41° F or colder. |
| Reduced calorie salad dressing<br>OR<br>Light mayonnaise |             | 2 ½ cups<br>OR<br>2 ½ cups |                |         |  |
| Low-fat milk   |             | ½ cup                      |                |         |  |
| Dried parsley  |             | 2 Tbsp                     |                |         |  |
| Granulated garlic  |             | 1 tsp                      |                |         |  |
| Onion powder   |             | 1 tsp                      |                |         |  |
| Salt   |             | 1 tsp                      |                |         |  |
| Ground black or white pepper                             |             | ½ tsp                      |                |         |  |

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## Notes:

Nutrient information calculated using Food Processor.

|                                     |                                 |
|-------------------------------------|---------------------------------|
| <b>Serving:</b> 2 Tbsp (1-oz ladle) | Yield:                          |
| 1-2 years: 1 Tbsp (for lunch)       | <b>50 Servings: about 1 qt</b>  |
| 3-5 years: 1 Tbsp (for lunch)       |                                 |
| 6-8 years: 1 ½ Tbsp (for lunch)     | <b>100 Servings: about 2 qt</b> |
|                                     |                                 |

| <b>Nutrients Per Serving</b> |        |                      |              |                      |           |
|------------------------------|--------|----------------------|--------------|----------------------|-----------|
| <b>Calories</b>              | 70     | <b>Saturated Fat</b> | 1.04 g       | <b>Iron</b>          | 0.08 mg   |
| <b>Protein</b>               | 0.70 g | <b>Cholesterol</b>   | 7.21 mg      | <b>Calcium</b>       | 21.54 mg  |
| <b>Carbohydrate</b>          | 2.52 g | <b>Vitamin A</b>     | 3.40 RAE mcg | <b>Sodium</b>        | 198.94 mg |
| <b>Total Fat</b>             | 6.33 g | <b>Vitamin C</b>     | 0.25 mg      | <b>Dietary Fiber</b> | 0.07 g    |