

Creamy Vegetable Dip

Component: Condiment

E-13 modified

Ingredients	32 Servings		_____ Servings		Directions
	Weight	Measure	Weight	Measure	
Low fat plain yogurt		1 cup			1. Combine all ingredients. Blend well. 2. Cover. Refrigerate until service. For best results, refrigerate overnight to develop flavor. 3. CCP: Cool to 41° F or lower within 4 hours. 4. CCP: Hold at 41° F or colder.
Reduced calorie salad dressing OR Light mayonnaise		2 ½ cups OR 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.

Serving: 2 Tbsp (1-oz ladle)	Yield:
1-2 years: 1 ½ Tbsp	50 Servings: about 1 qt
3-5 years: 1 ½ Tbsp	
6-8 years: 2 Tbsp	100 Servings: about 2 qt

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