



Creamy Mexican Salsa Dip

Serves: 6

Ingredients:

3 cups low-fat plain yogurt, drained for 3 hours*

4 oz. can chopped green chilies, drained

¼ cup prepared Mexican salsa

¼ cup finely chopped cilantro

1 tsp. ground cumin

1 tsp. dried oregano leaves, crushed

¼ cup finely chopped green onions

1 Tbsp. lime juice

1/8 tsp. salt

Black pepper, optional**

6 cups assorted snacking vegetables such as: baby carrots, cauliflower or broccoli flowerets, celery sticks, cherry tomatoes, cucumbers, zucchini sticks

Cilantro leaves as a garnish



Directions:

1. In a medium-sized bowl, combine the drained yogurt with all remaining ingredients for dip except salt and pepper.
2. Allow to chill covered for 15 minutes or more. Before serving, adjust seasonings, if desired.
3. Prepare all vegetables
4. Arrange on a large platter surrounding a medium-sized soup bowl.
5. When ready, spoon dip into center bowl, garnish with additional cilantro and serve. Enjoy!

*Chef's Note: When yogurt is placed in a coffee filter or cheesecloth-lined sieve (over a bowl) and allowed to drain for several hours, much of the extra moisture drains away, leaving a thicker consistency. The longer it is drained, the thicker it becomes, ultimately becoming the consistency of cream cheese. With its good nutrition and low-fat content,





drained yogurt is a great base for many flavored snacking dips to accompany both vegetables and fruits. Occasionally, the term “yogurt cheese” is used to designate drained yogurt.

Nutritional Information: Calories: 108, Carbohydrates: 17g, Total Fat: 1.6g. Saturated Fat: 0.8g, Cholesterol: 8mg, Dietary Fiber: 3g, Sodium: 300mg, Protein: 7g

Source: www.fruitsandveggiesmorematters.org

