



## Vegetables & Creamy Dip

### Vegetables

Yield: 6 servings, 1 cup each

### Ingredients:

6 cups raw vegetables (broccoli florets, cauliflower florets, carrot sticks, celery sticks, jicama, sliced bell pepper, sliced cucumber)

### Creamy Dip

Yield: 12 servings, 2 tablespoons each

### Ingredients:

2 cups plain yogurt (or substitute 2 cups of small curd or creamed cottage cheese as an alternative to yogurt)  
¼ teaspoon black pepper  
½ teaspoon garlic powder  
2 tablespoons dried, minced onion  
1 tablespoon dried parsley flakes  
½ teaspoon salt

**Nutrition Facts (creamy dip):** Calories, 30; Calories from fat, 5; Total fat, .5g; Saturated fat, 0g; Trans fat 0g; Cholesterol, 5 mg; Sodium, 125mg; Total Carbohydrate, 4g; Fiber, 0g; Protein, 2g.

**Source:** *Eating Smart-Being Active Curriculum*, USDA, Expanded Food and Nutrition Program.



### Directions:

1. Wash all vegetables.
2. Arrange vegetables on a plate around a small bowl.

½ teaspoon dill weed (optional)

### Directions:

1. In a medium sized bowl, combine yogurt, pepper, garlic powder, dried onion, dried parsley, salt, and dill (if used). Beat until smooth.
2. Chill dip in refrigerator until ready to serve. Serve with raw vegetables.

