

# RANCH-STYLE DIP

## INGREDIENTS

- 3 (5.3 ounce) containers **nonfat plain Greek yogurt**
- 1 (1 ounce) package **Ranch-style salad dressing mix**

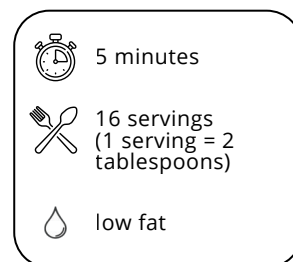
## DIRECTIONS

Always practice food safety when cooking.

- 1) In a medium bowl, mix yogurt with dressing mix.
- 2) Pour mixture into a medium jar.
- 3) Cover and refrigerate until ready to serve.
- 4) Store for up to 4 days.

## NOTES

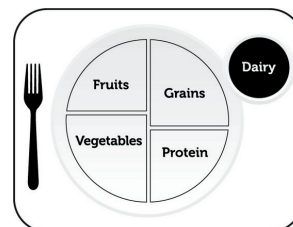
- Serve as a dip with cherry tomatoes, broccoli, cauliflower, cucumber, carrots, bell peppers, zucchini, etc.
- Use as a topping on baked potatoes or as a dressing base for sandwiches.
- Add water or milk for a thinner consistency to use as a salad dressing.
- Dairy alternatives, such as fortified soy yogurt could be used.
- Low fat cottage cheese can also be blended and substituted for the yogurt.



5 minutes

16 servings  
(1 serving = 2 tablespoons)

low fat



Nutrition Facts	
16 servings per container	
<b>Serving size</b>	<b>2 Tablespoons (60g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>45</b>
<b>% Daily Value*</b>	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 310mg	13%
<b>Total Carbohydrate 7g</b>	<b>3%</b>
Dietary Fiber 0g	0%
Total Sugars 4g	
Includes 0g Added Sugars	0%
<b>Protein 3g</b>	
Vitamin D 0mcg	0%
Calcium 113mg	8%
Iron 0mg	0%
Potassium 159mg	4%

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.