

**Boston Medical Center
Nutrition Resource Center**

Preventative Food Pantry: (617) 414-3834 or (617) 414-5263
Food Demonstration Kitchen: (617) 414-3840 or www.bmc.org



Party Dill Dip Mix

Makes ½ cup mix

This is a dry herb mix that you mix with Greek yogurt and mayonnaise for a delicious, low-fat party dip. Serve with pretzels, carrot sticks, broccoli, etc.

Ingredients:

1/4 cup dried dill
2 tablespoon dried parsley
2 tablespoons onion powder
1 tablespoon garlic powder
1 teaspoon salt (optional)

Directions:

Mix all ingredients in an air-tight container.

When ready to serve, combine 2 tablespoons Party Dill Dip Mix with 1 cup fat-free plain Greek yogurt or sour cream PLUS 2 tablespoons low-fat mayonnaise.

Serve with fresh vegetables, unsalted pretzels, or whole grain crackers.

Nutritional Information per ¼ cup dip mix with mayonnaise and Greek yogurt:

Calories: 55	Carbohydrates: 3g
Total Fat: 2g	Cholesterol: 4mg
Saturated Fat: 0g	Dietary Fiber: 0g
Sodium: 222mg	Protein: 5g