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