



# Dilly Dip (Yogurt Only)

*This cool and creamy yogurt dip can be whipped up in a flash, contains a good source of calcium and protein, and is the perfect addition to a relaxing summer day by the pool. You can serve it with veggies, whole grain crackers, or pita bread.*

Prep: 5 minutes • Total: 5 minutes

## Ingredients:

Yogurt, plain, 2.5% M.F.	1 ½ cups	325 mL
Fresh dill (or dried)	2 Tbsp	30 mL
Lemon juice	1 tsp	5 mL
Green onions or chives, chopped	2 Tbsp	30 mL

## Directions:

1. In a bowl, combine yogurt, onion, dill, and lemon juice.
2. Cover and refrigerate for 2 hours or until chilled.

Tip: For the best taste, prepare the recipe one day ahead of time. It will give time for the dill and onion flavour to infuse into the yogurt.

## Nutrition Facts

Serving Size (45g)

Servings Per Container

Amount Per Serving

**Calories** 30      **Calories from Fat** 10

% Daily Value\*

**Total Fat** 1g      **2%**

Saturated Fat 0.5g      **3%**

Trans Fat 0g

**Cholesterol** 5mg      **2%**

**Sodium** 15mg      **1%**

**Total Carbohydrate** 2g      **1%**

Dietary Fiber 0g      **0%**

Sugars 2g

**Protein** 4g

Vitamin A 0%      • Vitamin C 2%

Calcium 2%      • Iron 0%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Makes 8 servings (45 g / serving) • 1 serving = 4 Tbsp

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