

Local Food Program

Ranch Greek Yogurt Dip

Ingredients

- > 1 clove of garlic, finely minced
- > 1/2 bunch chives, thinly sliced
- > 1/4 bunch flat-leaf Italian parsley, chopped
- > 1 6-ounce container of non-fat plain Greek yogurt
- > 1 tablespoon lemon juice
- > Salt to taste

Instructions

1. Add all of the ingredients to a medium bowl and stir until thoroughly mixed.
2. Serve chilled or at room temperature.

Additions

- > This dip will complement any raw vegetable – be sure to try it with bell peppers, carrots and/or broccoli florets. It also goes great with pita chips or crackers.

Nutrition Facts	
10 servings per recipe	
Amount Per Serving	10
Calories	
% Daily Value	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 240mg	10%
Total Carbohydrate 1g	0%
Dietary Fiber 0g	0%
Sugars 1g	
Protein 2g	
Vitamin A	0%
Vitamin C	2%
Calcium	2%
Iron	0%

Hummus

Ingredients

- > 1 can garbanzo beans, drained and rinsed
- > 1/4 cup tahini
- > 1/4 cup lemon juice
- > 1/2 teaspoon salt
- > 2 cloves garlic, halved
- > 1/4 teaspoon cumin
- > Water if needed

Instructions

1. Add the garbanzo beans, tahini, lemon juice, salt, garlic, and cumin to a blender or food processor. Blend until smooth. Add water if too thick.
2. Transfer mixture to a serving bowl.
3. Serve with pita bread, whole grain crackers, carrots, celery, peppers, or any other raw vegetables.

Nutrition Facts	
10 servings per recipe	
Amount Per Serving	70
Calories	
% Daily Value	
Total Fat 3.5g	5%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 220mg	9%
Total Carbohydrate 8g	3%
Dietary Fiber 2g	8%
Sugars 1g	
Protein 3g	
Vitamin A	0%
Vitamin C	4%
Calcium	2%
Iron	4%

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