

CURRY YOGURT DIP

Aromatic dip with curry, cilantro and lime juice

Portion: 5 Tbsp Yields: 4



INGREDIENTS:

1 Cup Plain Greek Yogurt, Fat Free

2 Tbsp Lime Juice, Fresh

1 Tbsp Curry Powder

Pinch Kosher Salt

6 Tbsp Cilantro, Chopped

Pinch Ground Black Pepper

2 Tbsp Olive Oil, Extra Virgin

METHOD:

Place all ingredients in a food processor and pulse until well blended.

CHEF'S NOTES:

This recipe is only as good as the quality of curry powder used. Madras curry is preferred.

CALORIES (kcal): 104

PROTEIN (g): 7

CARBOHYDRATE (g): 4

TOTAL FAT (g): 7

SODIUM (mg): 124

SAT FAT (g): 1

DIETARY FIBER (g): 1