

GREEN GODDESS YOGURT DIP

Herbs, onions and a touch of anchovies

Portion: 5 Tbsp Yields: 4



INGREDIENTS:

1 Cup Plain Greek Yogurt, Fat Free

1 Each Anchovy fillets

2 Tbsp Parsley, chopped

1 1/3 Tbsp Olive Oil, Extra Virgin

2 Tbsp Basil, chopped

1 1/3 Tbsp Apple Cider Vinegar

2 Tbsp Green Onions, chopped

Pinch Ground Black Pepper

METHOD:

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

CHEF'S NOTES:

Originally made with mayonnaise, sour cream, chervil, chives and tarragon; this lighter version is just as delicious. Try out different herbs that you have on hand.

CALORIES (kcal): 76

PROTEIN (g): 6

CARBOHYDRATE (g): 2

TOTAL FAT (g): 5

SODIUM (mg): 58

SAT FAT (g): 1

DIETARY FIBER (g): <1