

KIM CHI YOGURT DIP

Korean pickled cabbage adds a unique flavor

Portion: 5 Tbsp Yields: 4



INGREDIENTS:

1 Cup Plain Greek Yogurt, Fat Free

1 1/3 Tbsp Sesame Oil

2 Tbsp Kim Chi, Drained, Chopped

Pinch Ground Black Pepper

2 Tbsp Green Onions, chopped

METHOD:

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

CHEF'S NOTES:

Ready-made Kim Chi can be found in Asian stores and some major supermarkets. It is best to use "ripe" Kim Chi for this recipe.

CALORIES (kcal): 55

PROTEIN (g): 5

CARBOHYDRATE (g): 2

TOTAL FAT (g): 2

SODIUM (mg): 49

SAT FAT (g): <1

DIETARY FIBER (g): <1