

RAINBOW VEGETABLE DIP

Makes 6 Servings

INGREDIENTS:

- 1 cup low-fat plain Greek yogurt
- 4 tablespoons light mayonnaise
- 2 to 4 teaspoons chopped fresh dill
- 2 teaspoons honey mustard
- Fresh, chopped/sliced vegetables of your choice

DIRECTIONS:

1. Place the yogurt, mayonnaise, dill, and honey mustard in a medium-size bowl and stir well to combine.
2. Let everyone at the table help themselves to the dip and a variety of colorful veggies including bell peppers, carrots, cauliflower, broccoli, cucumbers, and sugar snap peas.

Nutrition Information per Serving (about 3 tablespoons):

50 calories, 3g fat (0.5g saturated), 95mg sodium, 2g carbohydrate, 0g fiber, 3g protein

Traditional dips made with sour cream and salty seasoning packets have double the calories and fat compared to my dip, which is filled with natural flavor from fresh herbs.

Recipe Created by Liz Weiss, MS, RD, co-author, No Whine with Dinner: 150 Healthy, Kid-Tested Recipes from The Meal Makeover Moms (<http://mealmakeovermoms.com>)

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