

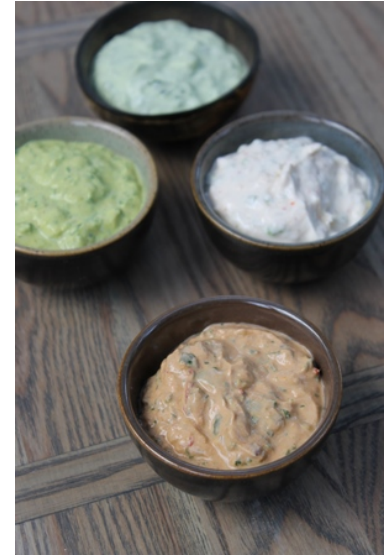
Portion Size: 5 Tbsp

Chipotle Yogurt Dip

Smoky spicy dip with cilantro

Yield: 4 servings

1 Cup	Plain Greek Yogurt, Fat Free
2 Tbsp	Chipotle Chilies in Adobo Sauce
1/4 Cup	Cilantro, chopped
1/4 Cup	Green Onions, chopped
2 Tbsp	Olive Oil, Extra Virgin
2 Tbsp	Lime Juice, Fresh



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

Chef's Note: Chipotle Chilies in Adobo Sauce can be found in the Latin section of most major grocery stores. Once you open a can, puree the whole content and store in a jar for easy use. Place a plastic film on the surface and cover tightly with a lid to extend shelf life.

Calories (kcal)	Protein (g)	Carbohydrate (g)	Total Fat (g)	Cholesterol (mg)	Sodium (mg)	Sat Fat (g)	Dietary Fiber (g)
104	6.6	3.9	7.1	3.1	59.5	1	0.5