

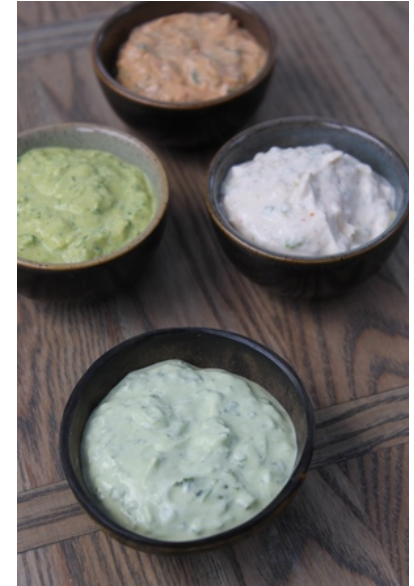
Portion Size: 5 Tbsp

Green Goddess Yogurt Dip

Herbs, onions and a touch of anchovies

Yield: 4 servings

1 Cup	Plain Greek Yogurt, Fat Free
2 Tbsp	Parsley, chopped
2 Tbsp	Basil, chopped
2 Tbsp	Green Onions, chopped
1 Each	Anchovy fillets
1 1/3 Tbsp	Olive Oil, Extra Virgin
1 1/3 Tbsp	Apple Cider Vinegar
Pinch	Ground Black Pepper



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

Chef's Note: Originally made with mayonnaise, sour cream, chervil, chives and tarragon; this lighter version is just as delicious.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)	Protein (g)	Carbohydrate (g)	Total Fat (g)	Cholesterol (mg)	Sodium (mg)	Sat Fat (g)	Dietary Fiber (g)
83.2	6.8	3.1	4.9	3.9	62.3	0.7	0.4