

Portion Size: 5 Tbsp

Curry Yogurt Dip

Aromatic dip with curry, cilantro and lime juice

Yield: 4 servings

1 Cup	Plain Greek Yogurt, Fat Free
1 Tbsp	Curry Powder
6 Tbsp	Cilantro, Chopped
2 Tbsp	Olive Oil, Extra Virgin
2 Tbsp	Lime Juice, Fresh
Pinch	Kosher Salt
Pinch	Ground Black Pepper



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

Chef's Note: This recipe is only as good as the quality of curry powder used. Madras curry is preferred.

Calories (kcal)	Protein (g)	Carbohydrate (g)	Total Fat (g)	Cholesterol (mg)	Sodium (mg)	Sat Fat (g)	Dietary Fiber (g)
104.2	6.6	4	7.2	3.1	74.7	1	1