

Portion Size: 5 Tbsp

## Kim Chi Yogurt Dip

*Korean pickled cabbage adds a unique flavor*

*Yield: 4 servings*

1 Cup	Plain Greek Yogurt, Fat Free
2 Tbsp	Kim Chi, Drained, Chopped
2 Tbsp	Green Onions, chopped
1 1/3 Tbsp	Sesame Oil
Pinch	Ground Black Pepper



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

**Chef's Note:** 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)	Protein (g)	Carbohydrate (g)	Total Fat (g)	Cholesterol (mg)	Sodium (mg)	Sat Fat (g)	Dietary Fiber (g)
83.6	6.5	3	4.8	3.1	66.1	0.7	0.3