Snack

Crunchy Vegetable Sticks with Creamy Herb Dip

A cool, creamy herb dip served in individual cups with crisp carrot, cucumber, celery, and bell pepper sticks for dunking.



Gluten free | Nut free

20 min	100	11 g	6 g
time	calories	carbs	sugars

Ingredients, 4 servings

- [ ] 1/4 cup low-fat buttermilk
- [ ] 1/2 cup plain nonfat Greek yogurt
- [ ] 1/4 cup light mayonnaise
- [ ] 1 tbsp fresh parsley (minced)
- [ ] 1/2 tsp dried dill
- [ ] 1/2 tsp garlic powder
- [ ] 1/2 tsp onion powder
- [ ] 1/8 tsp salt
- [ ] 1/4 tsp black pepper
- [ ] 4 cup assorted vegetable sticks for dipping (carrots, cucumbers, celery, bell pepper, etc.)

Method

- [ ] 1 Stir the low-fat buttermilk, Plain Nonfat Greek yogurt, light mayonnaise, minced fresh parsley, dried dill, garlic powder, onion powder, salt, and black pepper together in a medium bowl.
- [ ] 2 Fill a plastic or glass cocktail cup with one quarter of the finished dip.
- [ ] 3 Nestle 1 cup of assorted vegetable sticks for dipping, including carrots, cucumbers, celery, and bell pepper, into the cup so every stick makes contact with the dip.
- [ ] 4 Build the remaining 3 cups the same way. If you are not serving right away, keep the vegetable sticks apart from the cups and slip them into the dip just before serving.

Nutrition Facts

Per serving

Calories	100
Total fat	4.5 g
Saturated fat	1 g
Sodium	290 mg
Total carbs	11 g
Fiber	2 g
Total sugars	6 g
Protein	5 g

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