



Washington
Senior Farmers Market
Nutrition Program

Spicy Vegetable Dip

Makes 1-1/2 cups



Ingredients:

- 1 cup plain low-fat yogurt
- 1/4 cup chili sauce
- 1 teaspoon horseradish
- 1 teaspoon grated lemon peel
- 1 teaspoon salt
- 2 tablespoons minced celery
- 1 tablespoon minced bell pepper
- 1 tablespoon minced green onion

Directions:

1. Combine all the ingredients; mix well.
2. Refrigerate for several hours for the flavors to blend.

Nutrition Information:

Serving size: 2 tablespoons

18 calories, 0 gm fat, 2 mg cholesterol,
276 mg sodium, total carbohydrate 3 gm,
sugars 2 gm, protein 1 gm, dietary fiber
0 gm

Exchange List Approximation: Free Food

The New Family Cookbook for People with Diabetes

These materials were developed by Public Health: Seattle & King County.
Funded by USDA, FNS Food Stamp Office, Washington State University & WA Dept of Health and Human Services.



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