

Creamy Vegetable Dip

Component: Condiment

E-13 modified

| Ingredients | 32 Servings | | _____ Servings | | Directions |
|--|-------------|----------------------------|----------------|---------|--|
| | Weight | Measure | Weight | Measure | |
| Low fat plain yogurt | | 1 cup | | | <p>1. Combine all ingredients. Blend well.</p> <p>2. Cover. Refrigerate until service. For best results, refrigerate overnight to develop flavor.</p> <p><i>Reduce the volume or size of foods before cooling. Cooling must progress from 70° F to 41° F within four hours for safety</i></p> <p><i>Store ready to eat foods on the top shelf of refrigerator and protect from cross contamination by raw foods.</i></p> <p><i>Cold foods must be held under temperature control at 41° F or lower. Food temperatures must be checked every four hours, and discarded if found to be greater than 41° F.</i></p> |
| Reduced calorie salad dressing OR Light mayonnaise | | 2 ½ cups OR 2 ½ cups | | | |
| Low-fat milk | | ½ cup | | | |
| Dried parsley | | 2 Tbsp | | | |
| Granulated garlic (adjust as needed) | | 1 tsp | | | |
| Onion powder | | 1 tsp | | | |
| Salt | | 1 tsp | | | |
| Ground black or white pepper | | ½ tsp | | | |

Notes:

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Nutrient information calculated using Food Processor.

| | |
|-------------------------------------|---------------------------------|
| Serving: 2 Tbsp (1-oz ladle) | Yield: |
| 1-2 years: varies see menu notes | 50 Servings: about 1 qt |
| 3-5 years: varies see menu notes | |
| 6-8 years: varies see menu notes | 100 Servings: about 2 qt |
| | |

| Nutrients Per Serving | | | | | |
|------------------------------|--------|----------------------|--------------|----------------------|-----------|
| Calories | 70 | Saturated Fat | 1.04 g | Iron | 0.08 mg |
| Protein | 0.70 g | Cholesterol | 7.21 mg | Calcium | 21.54 mg |
| Carbohydrate | 2.52 g | Vitamin A | 3.40 RAE mcg | Sodium | 198.94 mg |
| Total Fat | 6.33 g | Vitamin C | 0.25 mg | Dietary Fiber | 0.07 g |