



Chipotle Veggie Dip



Ingredients:

- ½ tsp. Chipotle Pepper Sauce
- 1 (8oz) container of Low-Fat Plain Yogurt
- ¼ Thick & Chunky Salsa
- 1 TB chopped Cilantro
- 1/8 cup shredded Cheddar Cheese
- Assorted cut vegetables

Directions:

- In a medium bowl, combine all ingredients except for the Cheddar Cheese & mix until well blended
- Add Cheddar Cheese on top
- Dip assorted vegetables into chipotle dip

Why is this Recipe so Great?

Most dips are made of high calorie mayonnaise or salad dressings & are high in fat, saturated fat, and total calories.

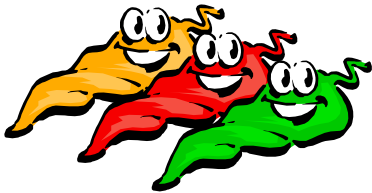
This recipe is made with yogurt, a great alternative to use for dips and salad dressings to reduce the amount of total and fat calories.

The Chipotle Veggie Dip contains less than 3 grams of total fat and provides about 3 grams of protein as well!

An added bonus... It also counts as a dairy to help YOU reach your recommended 3-a-day servings of dairy!

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Not Chipotle enough for you?
Try adding a full tsp. of
Chipotle Pepper Sauce for an
extra kick!



Have you heard...

Going Greek with your yogurt has numerous benefits.

Greek yogurt is thicker than ordinary yogurt and has a similar tanginess to sour cream but is minimally tasted in the flavored varieties.

It is a great substitution for sour cream or mayonnaise in recipes & with approximately 2 times more protein than regular yogurt, no fat, & no cholesterol it is a healthy alternative.



Be adventurous & GO GREEK!

