



Southwestern Dip

Servings 6 | Prep time 10 mins. | Total time 10 mins. + 1-2 hours to chill

Equipment: Medium Bowl, Measuring Cups

Utensils: Spoon

Ingredients

- 1 cup non-fat sour cream
- 1 cup plain, non-fat yogurt
- 1 cup salsa
- 6 cups of cut vegetables for dipping

Instructions

1. Before you begin wash your hands, surfaces, utensils, and produce.
2. Mix the sour cream, yogurt, and salsa in a medium bowl until well-blended.
3. Store the dip in a covered container in refrigerator until ready to serve.

Nutritional Information:

Calories 130
Total Fat 0.5g
Sodium 500mg
Total Carbs 26g
Protein 6g