



# 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