



Southwestern Dip

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

Equipment:

Medium bowl

Utensils:

Spoon

Measuring cup

Ingredients

1 cup light sour cream

1 cup plain low-fat yogurt

1 cup salsa

6 cups vegetables for dipping, chopped

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