



# 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