

## Low-fat Ranch Dip

### Ingredients:

- 15 ounces great northern beans
- 1/4 cup water
- 6 ounces yogurt, plain low-fat
- 1/2 teaspoon garlic powder
- 1/8 teaspoon cayenne pepper
- 1/4 teaspoon black pepper
- 1 tablespoon chives, chopped, fresh
- 1 tablespoon parsley, chopped, fresh
- 1/4 teaspoon tarragon, dried
- 1/4 teaspoon salt
- 1 tablespoon lemon juice

### Equipment:

- Colander
- Blender
- Spatula
- Measuring cups
- Measuring spoons

Number of Servings: 16  
 Prep Time: 10 minutes  
 Total Time: 10 minutes

### Directions

1. Open beans and pour into colander. Rinse under cool water to remove sodium. Allow to drain.
2. Blend the beans and garlic powder in a blender, adding enough water for the desired consistency.
3. Blend for 2 minutes to make it silky smooth.
4. Use a spatula to scrape the mixture into a medium bowl.
5. Stir in the yogurt, cayenne, pepper, chives, parsley, and tarragon, salt and lemon juice. Serve in a bowl.
6. Serve with vegetables or crackers.

**TIP:** Try different spices that you have available for different tastes.

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### Nutrition Facts

Serving Size: 2 tablespoons  
 Servings: 16

Amount Per Serving			
Calories 98		Calories from Fat 9	
		%Daily Value*	
<b>Total Fat</b> 1g			1%
Saturated Fat	traceg		2%
<b>Cholesterol</b> 1mg			0%
<b>Potassium</b> 391mg			11%
<b>Sodium</b> 42mg			2%
<b>Total Carbohydrate</b> 17g			6%
Dietary Fiber	5g		22%
<b>Protein</b> 6g			22%
Vitamin A	1%	Vitamin C	4%
Iron	8%	Calcium	6%

\*Percent Daily Values are based on a 2,000 calorie diet.

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