

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.

For more recipes, please visit:
www.fcs.ext.vt.edu/recipes



Friend us on Facebook and follow us on Twitter
www.facebook.com/vafnp
www.twitter.com/vafnp

Nutrition Facts

Serving Size: 2 tablespoons			
Servings: 16			
Amount Per Serving			
Calories 98	Calories from Fat 9		
	%Daily Value*		
Total Fat 1g			1%
Saturated Fat	traceg		2%
Cholesterol 1mg			0%
Potassium 391mg			11%
Sodium 42mg			2%
Total Carbohydrate 17g			6%
Dietary Fiber	5g		22%
Protein 6g			22%
Vitamin A	1%	Vitamin C	4%
Iron	8%	Calcium	6%

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

The U.S. Department of Agriculture (USDA) is an equal opportunity provider and employer. This material is partially funded by USDA's Supplemental Nutrition Assistance Program — SNAP. The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact your county or city Department of Social Services or to locate your county office call toll-free: 1-800-552-3431 (M-F 8:15-5:00, except holidays). By calling your local DSS office, you can get other useful information about services. This material was partially funded by the Expanded Food Nutrition Education Program, USDA, NIFA.