



Dill Pickle Dip

1 Serving = 1 Bowl

Tips on Dill



How To Store

Spray stems with water, wrap in paper towels & place in a plastic bag in the fridge.



How To Use

Use it to punch up a creamy spread, like this salmon dip, or to make a salad dressing



Health Benefits

Promotes healthy liver function & strong bones.

INGREDIENTS

- 2 dill pickle spears
- 1 cup plain nonfat Greek yogurt
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- 1 teaspoon lemon juice
- 2 teaspoons dried dill
- 2 Tablespoons fresh dill (or substitute with 1 teaspoon pickle juice)

DIRECTIONS

- Finely chop dill pickle spears.
- In a large bowl, combine Greek yogurt, garlic powder, onion powder, lemon juice, dried dill, and fresh dill. Whisk until combined.
- Stir in pickles.
- Optional: refrigerate for 30 minutes before serving to let flavors combine.
- Serve with chopped vegetables or whole wheat crackers.

Nutrition Facts	
4 servings per container	
Serving size	1/4 cup (77g)
Amount per serving	
Calories	40
	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 160mg	7%
Total Carbohydrate 4g	1%
Dietary Fiber 0g	0%
Total Sugars 2g	
Includes 0g Added Sugars	0%
Protein 6g	
Vitamin D 0mcg	0%
Calcium 84mg	6%
Iron 0mg	0%
Potassium 135mg	2%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



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