Creamy Veggie Dip

You may run out of vegetables when you serve this super simple dip! 4 servings

Ingredients:

1/2 cup lowfat sour cream 1/2 cup lowfat ranch dressing Pepper to taste

Directions:

1. In a small bowl combine sour cream and ranch dressing. Add pepper to taste. Veggies to dip: carrots, cucumber circles, green pepper strips, cherry tomatoes, zucchini sticks, radishes.

Nutrition Facts: 1/4 cup provides 100 calories, 4g total fat, 15mg cholesterol, 370mg sodium, 13g total carbohydrate

This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP) through a contract awarded by the Kansas Department for Children and Families. USDA is an equal opportunity employer and provider. SNAP provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more call 1-800-221-5689

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K-State Research and Extension Family Nutrition Program



www.kidsacookin.ksu.edu

Chef's Choice

Creamy Veggie Dip Veggie Sticks Milk

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