

Creamy Veggie Dip

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



Serves 4

Kids' Tool Kit

Measuring cups
Mixing bowl
Knife
Rubber spatula
Cutting board

Ingredients:

$\frac{1}{2}$ cup low fat sour cream
 $\frac{1}{2}$ cup low fat ranch dressing
Pepper to taste



Directions:

Remember to wash your hands!

1. In a small bowl combine sour cream and ranch dressing. Add pepper to taste.

Chef's Choice

Creamy Veggie Dip
Milk
Veggie sticks



Helpful Hints: A simple dip may be all it takes to sell kids on vegetables. This tasty, low fat dip is easy and so flavorful the whole family will reach for veggies to dip.



Safety Tip: Young children naturally take a bite of food, and re-dip into sauce or dip. To prevent from mixing germs into the dip, be sure everyone has their own serving of dip separate from the serving bowl. Leftovers (that haven't been dipped in) can be covered and stored for up to three days in the refrigerator.

Nutrition Facts

Serving Size 1/4 cup (66g)		Servings Per Container 4	
Amount Per Serving			
Calories 100	Calories from Fat 35		
% Daily Value*			
Total Fat 4g			6%
Saturated Fat 2.5g			12%
Cholesterol 15mg			5%
Sodium 370mg			16%
Total Carbohydrate 13g			4%
Dietary Fiber 0g			0%
Sugars 4g			
Protein 2g			
Vitamin A 6%		Vitamin C 0%	
Calcium 6%		Iron 0%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.			
	Calories: 2,000	2,500	
Total Fat	Less than 65g	80g	
Saturated Fat	Less than 20g	25g	
Cholesterol	Less than 300mg	300mg	
Sodium	Less than 2,400mg	2,400mg	
Total Carbohydrate	300g	375g	
Dietary Fiber	25g	30g	
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4			

For more information about this and other fun recipes: contact your county extension office or visit the Web site at www.kidsacookin.ksu.edu, or e-mail kidsacookin@ksu.edu.

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.