

## **Garden Dip**

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- 1 cup plain yogurt**
- 1/2 cup low-fat sour cream**
- 1/2 cup low-fat mayonnaise**
- 2 tablespoons onion, chopped**
- 3 tablespoons fresh parsley, chopped**
- 3 tablespoons fresh basil, chopped**
- 1 teaspoon salt**
- 1/4 teaspoon pepper**
- 1 teaspoon fresh parsley (for garnish)**

In the bowl of a food processor or blender, combine the yogurt, sour cream, mayonnaise, onion, parsley, basil, salt and pepper.

Pulse until smooth.

Spoon the mixture into a serving dish.

Top with fresh parsley for garnish.

Cover and chill until served.

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Per Serving (excluding unknown items): 629 Calories; 46g Fat (66.4% calories from fat); 16g Protein; 37g Carbohydrate; 1g Dietary Fiber; 95mg Cholesterol; 2954mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Vegetable; 1 Non-Fat Milk; 9 Fat; 2 1/2 Other Carbohydrates.