

Pesto-Yogurt Pretzel Dip

Food Network Magazine - March 2020

*1 1/2 cups plain yogurt
1/2 cup pesto sauce
pinch red pepper flakes
pretzel sticks (for serving)*

In a bowl, mix the yogurt and pesto.

Top with the red pepper flakes.

Serve with pretzel sticks.

Per Serving (excluding unknown items): 833 Calories; 68g Fat (72.5% calories from fat); 32g Protein; 26g Carbohydrate; 2g Dietary Fiber; 81mg Cholesterol; 996mg Sodium. Exchanges: 2 1/2 Lean Meat; 1 1/2 Non-Fat Milk; 12 Fat; 1 1/2 Other Carbohydrates.