

Sauces

Radish Yogurt Dip

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Tastes great with Grilled Scallop Salad.

1/2 cup plain 2% reduced-fat Greek yogurt

2 teaspoons garlic, minced

1 teaspoon red wine vinegar

1/4 teaspoon black pepper

1/4 cup radishes, grated

2 6-inch pitas, cut into six wedges each

In a small bowl, combine the yogurt, garlic, vinegar and black pepper.

Stir in the radishes.

Per Serving (excluding unknown items): 346 Calories; 2g Fat (4.2% calories from fat); 11g Protein; 70g Carbohydrate; 3g Dietary Fiber; 0mg Cholesterol; 652mg Sodium. Exchanges: 4 1/2 Grain(Starch); 1/2 Vegetable; 0 Fat; 0 Other Carbohydrates.