

Avocado Jalapeno Ranch Dip

Chef Linsey - Aldi Test Kitchen
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1 cup plain nonfat Greek yogurt
2 tablespoons lime juice
3 tablespoons chopped dill
2 teaspoons minced garlic
1 teaspoon sea salt
1/4 teaspoon ground peppercorn
2 avocados, mashed
1/2 cup skim milk
1 tablespoon jalapeno pepper, minced

In a blender, place the yogurt, lime juice, dill, garlic, sea salt, peppercorn, avocados, milk and jalapeno.

Blend until smooth.

Serve chilled with an assortment of fresh vegetables.

Per Serving (excluding unknown items): 708 Calories; 62g Fat (72.3% calories from fat); 13g Protein; 41g Carbohydrate; 10g Dietary Fiber; 2mg Cholesterol; 1985mg Sodium. Exchanges: 1/2 Vegetable; 2 Fruit; 1/2 Non-Fat Milk; 12 Fat.