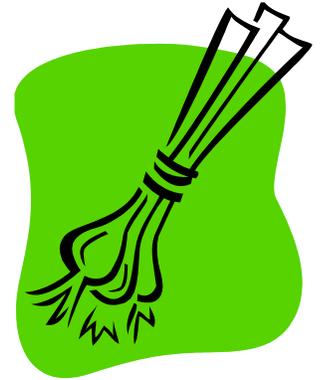


Green Onion Dip / Dressing

Too often dips and sauces are high in saturated fat and sodium but are low in vitamins and minerals. This versatile recipe features no-fat plain yogurt which adds calcium, protein and probiotics. Parsley is easy to grow and makes a tasty and pretty windowsill plant.

Yield: approximately 1½ cups

- ½ cup light mayonnaise
- ¾ cup no fat plain yogurt strained for ½ hour
- ¼ cup green onions, coarsely chopped, about 2 with tops
- ¼ cup fresh parsley, large stems removed
- ½ teaspoon Dijon-style prepared mustard
- 1 small clove garlic, coarsely chopped or ½ tsp chopped garlic.



Directions:

To make Greek-style yogurt

1. Line a strainer with a coffee filter or straining cloth.
2. Place plain no-fat yogurt in lined strainer.
3. Place the strainer over a bowl to catch the whey run-off. Cover tightly and place in refrigerator for ½ hour or more to thicken.

To make dip

4. In an electric blender or food processor place green onion, parsley, garlic mayonnaise, yogurt, and mustard. Blend until smooth.
5. Place in a bowl, cover and chill before serving. This dish will thicken and the flavors mellow as it chills.
6. Serve with veggies or whole grain chips.

To make a dressing or sauce:

7. Add 1-2 Tablespoons low fat buttermilk to thin for salad dressing, or a sauce for grilled or baked fish.

Nutritional Information for dip (per 2 Tbsp.)

Calories:	23	Fat:	1.7 g
Carbohydrate:	1.4 g	Saturated Fat	0.27 g
Protein:	.697 g	Mono Fat	.4g
Sodium:	48 mg	Polyunsaturated Fat	0.9 g
Fiber:	.07 g	Calcium:	24 mg