



## June 15- Curry Vegetable Dip

Not Smart Snack

Link: <http://www.whatscooking.fns.usda.gov/recipes/supplemental-nutrition-assistance-program-snap/curry-vegetable-dip>

### Recipe

#### Ingredients:

- 8 ounces yogurt, plain low-fat
- ¼ cup carrot, shredded
- 2 teaspoons green onion
- 1 Tablespoon salad dressing
- 1 teaspoon sugar
- ¼ teaspoon curry powder
- 1 dash pepper

#### Directions:

1. Mix ingredients in a bowl.
2. Chill.
3. Serve with crisp raw vegetable pieces, such as celery, carrot, or summer squash sticks.

Yield 4 servings

Nutrition Facts	
Serving Size 1/3 cup (70.44g)	
Servings Per Container 4	
<b>Amount Per Serving</b>	
<b>Calories</b> 60	Calories from Fat 20
<b>% Daily Value*</b>	
<b>Total Fat</b> 2g	<b>3%</b>
Saturated Fat 1g	4%
<i>Trans Fat</i> 0g	
<b>Cholesterol</b> <5mg	<b>2%</b>
<b>Sodium</b> 70mg	<b>3%</b>
<b>Total Carbohydrate</b> 6g	<b>2%</b>
Dietary Fiber 0g	1%
Sugars 6g	
<b>Protein</b> 3g	<b>6%</b>
Vitamin A 25%	• Vitamin C 0%
Calcium 10%	• Iron 0%
* Percent Daily Values are based on a 2,000 calorie diet.	