



Dip for Fish

Makes: 50 child servings

Ingredients

Imperial Measurement	Ingredient	Metric Measurement
2 cups	sour cream or mayonnaise	500 mL
¼ cup	onion, grated	60 mL
¼ cup	olives, diced	60 mL
½ cup	fresh dill, chopped	125 mL
1 tbsp	garlic, minced	15 mL
1 tbsp	apple cider vinegar	15 mL
1 tbsp	lemon juice	15 mL
¼ tsp	salt	1 mL
Optional:	pepper	

Instructions

1. Combine all ingredients in a medium bowl.
2. Refrigerate until ready to serve.

Nutrition Information	
Serving 13 g (2 tsp)	
Calories	15
Fat	1.5 g
	Saturated 1 g
	+ Trans 0 g
Sodium	65 mg
Carbohydrates	1 g
	Fibre 0 g
	Sugars 0 g
Protein	0 g
Calcium	10 mg
Iron	0 mg

Food Guide Servings
Does not contribute towards Food Guide Servings