



Garlic and Dill Dip

Makes: 50 child servings [2 cups (2 ½ cups)]

Ingredients

Imperial Measurement	Ingredient	Metric Measurement
2 cups	yogurt, plain	500 mL
2 tbsp	red onion, grated	30 mL
2 tbsp	parsley, fined chopped	30 mL
2 cloves	garlic, minced	2 cloves
¼ cup	red pepper, finely diced	60 mL
⅔ cup	mayonnaise	150 mL
2 tsp	dill weed	10 mL
¼ tsp	salt	1 mL

Instructions

1. Combine all ingredients and mix with an immersion blender.
2. Refrigerate until ready to use.

Nutrition Information

Per 15 mL (1 tbsp)

Calories	20
Fat	1.5 g
	Saturated 0 g
	+ Trans 0 g
Sodium	40 mg
Carbohydrates	2 g
	Fibre 0 g
	Sugars 1 g
Protein	1 g
Calcium	10 mg
Iron	0.2 mg

Food Guide Servings

15 mL (1 tbsp) – does not contribute towards Food Guide Servings