Low Fat Ranch Dip with Vegetables

Ingredients:

1 packet ranch salad dressing mix
1 cup low-fat sour cream
2 cups plain low-fat yogurt
1 pound baby carrots
1 pound mushrooms, washed and sliced
1 pound cucumbers, peeled and sliced
1 pound green bell peppers, cleaned and sliced
1 pound red bell peppers, cleaned and sliced

Directions:

1. Combine salad dressing mix, sour cream and yogurt in bowl; mix well.
2. Arrange prepared vegetables on plate or tray.
3. Dip vegetables and enjoy!

Yields about 8 servings

Source: Cornell Cooperative Extension of Cayuga County

Nutrition Facts

<table>
<thead>
<tr>
<th>Serving Size: 3 Tablespoons dip with 1/8 of vegetables</th>
<th>Servings Per Recipe: 8</th>
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<tbody>
<tr>
<td>Calories: 160</td>
<td>Calories from Fat: 35</td>
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<table>
<thead>
<tr>
<th>% Daily Value</th>
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<td>6%</td>
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Vitamin A 210%  Vitamin C 210%
Calcium 15%  Iron 6%

Calories: 2000 2,500
Saturated Fat: Less than 20g 25g
Cholesterol: Less than 300mg 300mg
Sodium: Less than 2,400mg 2,400mg
Total Carbohydrate: 300g 375g
Dietary Fiber: 25g 30g

21.8% calories from fat