



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

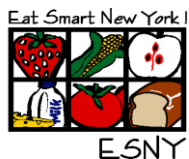
Directions:

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			
Serving Size: 3 Tablespoons dip with 1/8 of vegetables			
Servings Per Recipe: 8			
Amount Per Serving			
Calories	160	Calories from Fat	35
% Daily Value *			
Total Fat	4g		6%
Saturated Fat	2.5g		13%
Trans Fat	0g		
Cholesterol	15mg		5%
Sodium	320mg		13%
Total Carbohydrate	24g		8%
Dietary Fiber	4g		16%
Sugars	12g		
Protein	7g		
Vitamin A	210%	Vitamin C	210%
Calcium	15%	Iron	6%
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.			
	Calories:	2000	2,500
Total Fat	Less than	65g	80g
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			



Recipe analyzed using The Food Processor® Nutrition Analysis Software from ESHA Research, Salem, Oregon.

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