



## Artichoke and Roasted Red Pepper Yogurt Dip

**Servings:** 10

**Prep and Cooking Time:** 15 minutes

### Ingredients:

- 1 container (16 ounces) low-fat plain yogurt
- 1/2 cup chopped roasted red peppers, drained
- 1 can (14 ounces) artichoke hearts, drained and chopped
- 1/8 teaspoon salt
- Dash cayenne pepper
- 1 large clove garlic, minced
- 2 green onions, chopping white and green parts separately

### Preparation:

Combine red peppers and artichokes. Pat dry with a paper towel. Add salt, cayenne pepper, minced garlic and chopped green onions (white part only). Mix with plain yogurt until blended. Pour into serving bowl. Sprinkle the remaining green onions over the dip. Cover and chill at least 3 hours or overnight for flavors to blend. Serve with pita crisps or corn tortilla chips.

Nutritional Facts:	
<i>Nutritional Facts Per Serving:</i>	
Calories:	60
Total Fat:	1g
Saturated Fat:	0g
Cholesterol:	5mg
Sodium:	310mg
Carbohydrates:	9g
Dietary Fiber:	2g
Protein:	4g (2.6g from dairy)
Calcium	10% Daily Value

Cost/recipe:

**\$5.74**

Cost/2 oz. serving:

**\$.57**

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ON THE  
BASICS**

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