



Herb Yogurt Dip

Serves: 5 | Serving size: 3 Tablespoons

Ingredients Needed:

- 1 cup plain nonfat Greek yogurt or dairy-free yogurt alternative
- 1 teaspoon garlic powder
- ½ teaspoon onion powder
- 1 teaspoon dried dill
- ¼ teaspoon salt
- 1 teaspoon lemon or lime juice
- Optional: add 1 teaspoon thyme, chives, or parsley

Directions:

1. Add all ingredients to a bowl and mix together.
2. Try dip and adjust seasoning based on flavor preference.

Notes:

- Greek yogurt can be substituted with plain yogurt.
- Serve with raw vegetables.
- Swap out seasonings if you prefer different flavors.

In complying with the letter and spirit of applicable laws and pursuing its own goals of diversity, the University of Maine System does not discriminate on the grounds of race, color, religion, sex, sexual orientation, transgender status, gender, gender identity or expression, ethnicity, national origin, citizenship status, familial status, ancestry, age, disability physical or mental, genetic information, or veterans or military status in employment, education, and all other programs and activities. The University provides reasonable accommodations to qualified individuals with disabilities upon request. The following person has been designated to handle inquiries regarding non-discrimination policies: Director of Equal Opportunity, 101 Boudreau Hall, University of Maine, Orono, ME 04469-5754, 207.581.1226, TTY 711 (Maine Relay System).