

CHIPOTLE YOGURT DIP

Smoky spicy dip with cilantro

Portion: 5 Tbsp Yields: 4



INGREDIENTS:

1 Cup Plain Greek Yogurt, Fat Free

1/4 Cup Green Onions, chopped

2 Tbsp Chipotle Chilies in Adobo Sauce

2 Tbsp Olive Oil, Extra Virgin

1/4 Cup Cilantro, chopped

2 Tbsp Lime Juice, Fresh

METHOD:

Place all ingredients in a food processor and pulse until well blended.

CHEF'S NOTES:

Chipotle Chilies in Adobo Sauce can be found in the Latin section of most major grocery stores. Once you open a can, puree the whole content and store in a jar for easy use. Place a plastic film on the surface and cover tightly with a lid to extend shelf life.

CALORIES (kcal): 75

PROTEIN (g): 5

CARBOHYDRATE (g): 3

TOTAL FAT (g): 5

SODIUM (mg): 43

SAT FAT (g): 1

DIETARY FIBER (g): <1