

Recipe for

CREAMY YOGURT DILL SAUCE

EQUIPMENT NEEDED knife, cutting board

SERVES 2 ESTIMATED COST \$4.24 COST PER SERVING \$2.12

INGREDIENTS

- 2/3 cup non-fat plain Greek yogurt
- 1 ea lemon, juiced
- 1 tbsp olive oil
- 2 cloves garlic, minced
- 1 tbsp fresh dill, chopped
- 1/4 tsp salt or to taste
- ground black pepper, to taste

METHOD OF PREPARATION

1. Combine all ingredients in a bowl. Mix well, taste and adjust seasoning as necessary. For a thinner sauce, add a teaspoon or two of water. Serve with fish or a dip for veggies. Enjoy!

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NUTRITION INFORMATION

Creamy Yogurt Dill Sauce

Nutrition Facts

Serving Size: 1 Serving

Amount Per Serving		% Daily Value*
Calories	118.7 kcal	6 %
Total Fat	7.2 g	11 %
Saturated Fat	1 g	5 %
Trans Fat	0 g	
Cholesterol	4.1 mg	1 %
Sodium	322.9 mg	13 %
Total Carbohydrate	5.8 g	2 %
Dietary Fiber	0.2 g	1 %
Sugars	3.3 g	
Protein	8.7 g	17 %
Vitamin A	0 % • Vitamin C	17 %
Calcium	9 % • Iron	1 %

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

HEALTH BENEFITS

Dill – contains flavonoids known to aid in heart health by helping to reduce the risk of stroke and heart disease. It is also a good source of manganese which may support the function of the nervous system and the brain.

HEALTH BENEFITS

Yogurt - rich source of calcium known for keeping teeth and bones strong. Some yogurts contain probiotics which feed the beneficial bacteria in the gut and may help relieve digestive issues such as bloating or constipation.



References:

1. Recipe provided by Reanetta Perkins

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