

Creamy Vegetable Dip

Ingredients:

- 2 cups yogurt, low-fat plain (or small curd or creamed cottage cheese)
- ¼ teaspoon black pepper
- ½ teaspoon garlic powder
- 2 tablespoons dried, minced onion or ¼ cup fresh minced onion
- 1 tablespoon dried parsley flakes
- ½ teaspoon salt (optional)
- ½ teaspoon dill weed (optional)

Instructions:

1. In a medium-sized bowl, combine yogurt (or cottage cheese), pepper, garlic powder, dried onion, dried parsley, salt, and dill (if using). Beat until smooth.
2. Chill dip in refrigerator until ready to serve. Serve with raw vegetables.

