



YOGURT RANCH DIP

Cost-Saving Swaps

- Use regular yogurt instead of Greek.
- Use only dried herbs (fresh herbs spoil quickly).
- Skip lemon juice if not available.
- Pair with affordable vegetables: carrots, celery, cucumbers, or even canned green beans (rinsed and chilled).
- “Use what you have.”



PREP TIME
5-10 MIN



SERVINGS
1 BOWL

Ingredients

- 4 ounces plain Greek or regular yogurt (any brand)
- 1–2 tablespoons milk (optional)
- 1/2 teaspoon minced garlic
- 1 teaspoon dried cilantro
- 1 teaspoon dried dill
- 1 teaspoon onion powder
- Squeeze lemon juice (optional but recommended)
- Salt and pepper to taste

Instructions

1. Whisk or stir until smooth
2. Refrigerate for 30 minutes before serving

MyPlate Balance

Dairy/Protein: Yogurt

Vegetable Support: Encourages veggie intake

