

## Yogurt Ranch Dip

### Ingredients

- 4 ounces plain Greek or regular yogurt (any brand)
- 1–2 tablespoons milk (optional)
- ½ teaspoon minced garlic
- 1 teaspoon dried cilantro
- ½ teaspoon dried dill
- ½ teaspoon onion powder
- Squeeze lemon juice (optional but recommended)
- Pinch of salt and pepper

### Directions

Whisk or stir until smooth. Refrigerate briefly before serving if possible.

### MyPlate Balance

Dairy/Protein: Yogurt

Vegetable Support: Encourages veggie intake

### 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.”