

# **Creamy Dill Dip**

From USDA

<http://www.whatscooking.fns.usda.gov/recipes/supplemental-nutrition-assistance-program-snap/creamy-dill-dip>

## **Ingredients**

- 1 cup sour cream, non-fat
- 1 cup yogurt, non-fat plain
- 2 tablespoons dill (dried)

## **Instructions**

1. Put the sour cream, yogurt, and dill in a medium bowl. Stir together.
2. Store the dip in a covered container if you don't plan to eat it right away.
3. Keep the dip in the fridge until you serve it.

Serve with cucumbers slices. If you want a creamy salad dressing, add a few tablespoons of water to the dip. Fresh dill is often available at local farmers markets in the summer.

**Makes 16 servings**

## **Nutrition information per serving**

Calories: 20	Dietary Fiber: 0 g
Total Fat: 0 g	Sodium: 30 mg
Saturated Fat: 0 g	Protein: 1 g
Cholesterol:	Carbohydrates: 4 g

