



## Green Goddess Veggie Dip



By Katie Ferraro, MPH, RD, CDE

Servings: 5

Ingredients	Nutrient value per serving Serving Size = ¼ c.
<p>1 c. baby spinach, stems removed            1 c. watercress, trimmed (about 1 bunch)            ½ c. fresh basil leaves            ¼ c. green onions, chopped            ¼ c. flat-leaf parsley leaves            ¼ c. canola oil mayonnaise            ½ c. plain, fat-free Greek yogurt            2 T. olive oil            1 T. white vinegar or white wine vinegar            1 t. anchovy paste or ½ an anchovy, very finely diced            ½ t. black pepper            ¼ t. salt            1/8 t. dried red pepper flakes</p>	<p>Exchanges ..... ½ milk            ..... 1 vegetable            ..... 1 fat            Calories .....100            Calories from Fat.....80            Total Fat .....9 g            Saturated Fat .....1 g            Cholesterol .....0 mg            Sodium .....250 mg            Carbohydrate .....3 g            Fiber .....1 g            Sugar ..... 1 g            Protein.....3 g</p>
Instructions	Notes
<p>1. Combine all ingredients in a food processor. Pulse 10-15 times or until combined.            2. Cover and refrigerate until ready to serve.</p>	<p>Prep and cook time: 15 min.</p> <p>Note: All exchange values are approximate. When an optional or additional ingredient is offered, exchange values may change.</p> <p>This dip combines the nutritional power of leafy green vegetables with the tasty tang of Greek yogurt. Serve with baby carrots or mini bell peppers for a colorful addition to your cocktail party. This dip can be prepared and refrigerated ahead of time.</p> <p><i>GLUTEN-FREE recipes are prepared without any wheat, barley, rye or triticale. Check the label on each ingredient to make sure the brand you are using does not contain these grains in any form (flour, bread stuffing, bran germ, malt, starch, etc.).</i></p>