



# Creamy Dip for Fresh Vegetables

## USDA Recipe for CACFP

This luscious combination of fat-free sour cream and yogurt with a surprising combination of spices is a great addition to any appetizer tray!

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Yogurt, fat-free, plain	5 oz	½ cup 2 Tbsp	10 oz	1¼ cups	<b>1</b> Combine yogurt, sour cream, milk, parsley, garlic powder, onion powder, lemon juice, cilantro, and jerk seasoning in a large bowl. Stir well.
Sour cream, fat-free	10 oz	1 cup	1 lb 4 oz	2 cups	
Non-fat milk		¼ cup		½ cup	
Parsley, dried		1 Tbsp		2 Tbsp	
Garlic powder		½ tsp		1 tsp	
Onion powder		½ tsp		1 tsp	
Lemon juice		1 tsp		2 tsp	
Cilantro, fresh		2 tsp		1 Tbsp 1 tsp	

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Jerk seasoning		2 tsp		1 Tbsp 1 tsp	
					<p><b>2</b> Pour 3 cups (about 1 lb 8½ oz) creamy dip into a container.</p> <p>For 25 servings, use a 1 qt container. For 50 servings, use a 2 qt container.</p>
					<p><b>3</b> Cover and refrigerate.</p>
					<p><b>4</b> Critical Control Point: Cool to 40 °F or lower within 4 hours.</p>
					<p><b>5</b> Critical Control Point: Hold at 40 °F or below.</p>
					<p><b>6</b> Portion with 1 fl oz ladle (⅓ cup).</p>



## NUTRITION INFORMATION

For 1/8 cup (1 fl oz ladle).

### NUTRIENTS

### AMOUNT

**Calories** **14**

**Total Fat** **0 g**

Saturated Fat 0 g

Cholesterol 0 mg

**Sodium** **45 mg**

**Total Carbohydrate** **2 g**

Dietary Fiber 0 g

Total Sugars 1 g

Added Sugars included N/A

**Protein** **1 g**

Vitamin D 0 mg

Calcium 37 mg

Iron 0 mg

Potassium 3 mg

N/A=data not available

## YIELD/VOLUME

### 25 Servings

### 50 Servings

1 lb 8½ oz

3 lb 1oz

About 3¼ cups/1 qt container

About 1 qt 2¼ cups/2 qt container

## SOURCE

USDA Standardized Recipes Project.