



Creamy Dip for Fresh Vegetables

USDA Recipe for Schools

INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Yogurt, fat-free, plain	10 oz	1 ¼ cups	1 lb 4 oz	2 ½ cups	1 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	1 lb 4 oz	2 cups	2 lb 8 oz	1 qt	
Non-fat milk		½ cup		1 cup	
Parsley, dried		2 Tbsp		¼ cup	
Garlic powder		1 tsp		2 tsp	
Onion powder		1 tsp		2 tsp	

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	Weight	Measure	Weight	Measure	
Lemon juice		2 tsp		1 Tbsp 1 tsp	
Cilantro, fresh		1 Tbsp 1 tsp		2 Tbsp 2 tsp	
Jerk seasoning		1 Tbsp 1 tsp		2 Tbsp 2 tsp	
					<p>2 Pour 3 cups (about 1 lb 8½ oz) creamy dip into a container.</p> <p>For 50 servings, use a 2 qt container. For 100 servings, use a 1 gal container.</p>
					<p>3 Cover and refrigerate.</p>
					<p>4 Critical Control Point: Cool to 41 °F or lower within 4 hours.</p>
					<p>5 Critical Control Point: Hold at 41 °F or below.</p>
					<p>6 Portion with 1 fl oz ladle (1/8 cup).</p>



NUTRITION INFORMATION

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

NUTRIENTS	AMOUNT
Calories	14
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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
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Vitamin D	0 mg
Calcium	37 mg
Iron	0 mg
Potassium	3 mg

N/A=no data available

SOURCE

USDA Standardized Recipes Project.

YIELD/VOLUME

50 Servings	100 Servings
About 3 lb 1 oz	About 6 lb 2 oz
About 1 qt 2 1/8 cups/2 qt container	About 3 qt 1/4 cup/1 gal container