

Ranch Dip

Recipe HACCP Process: #1 No cook

Serving Size: 2 tbsp

Yield: 70

Source: Chef Samantha Cowens-Gasbarro

Ingredients:

Ingredient Name	Measurements
Yogurt, low-fat, plain	1 qt
Mayonnaise, low-fat	2 cup
Onion powder	2 tbsp
Garlic, granulated	2 tbsp
Dill weed, dried	2 tbsp
Worcestershire sauce	½ tbsp
Sugar, white	½ tbsp
Salt	½ tbsp

**Note: Choose USDA foods whenever available to save on cost. Note yield, crediting, and nutritionals may change if substituted.*

Instructions:

1. Mix all ingredients in a large bowl. Stir well. Keep chilled until served.

Nutritional Analysis:

Nutrients	Nutrients Per Serving
Calories	45 kcal
Total Fat	4 g
Saturated fat	0.8 g
Sodium	156 mg
Cholesterol	3 mg
Total Carbohydrate	2.50 g
Dietary Fiber	0.02 g
Total Sugars	0g
Protein	0.8 g