



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
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FLiP FAMILY
LIFESTYLE
PROGRAM

RANCH DRESSING WITH GREEK YOGURT LOW SODIUM



Dressing Ingredients

- ½ cup plain Greek yogurt
- ½ cup mayonnaise
- ½ teaspoon garlic powder
- ½ teaspoon onion powder
- ½ teaspoon salt-free seasoning
- 1 tablespoon chopped fresh dill or 1 teaspoon dried dill
- 1 tablespoon chopped fresh chives or 1 teaspoon dried chives
- 1½ teaspoons apple cider vinegar
- 1-2 tablespoons water, optional for a thinner dressing



Instructions (makes about 1 cup)

- Whisk all ingredients together in a medium bowl until well mixed. Store in an airtight container in the fridge for up to one week.
- For a thinner dressing, whisk in water, a tablespoon at a time, until the dressing is your desired consistency.



Recipe courtesy of SaltSanity.com.

TZATZIKI SNACK

from the 100-Calorie Snack Cookbook
by Sally Sampson

..... SERVES 6



Tzatziki Ingredients

(serving of 1/3 cup per person)

- 2 cups low-fat Greek yogurt
- 1 large English cucumber, thinly sliced
- 2 garlic cloves, minced
- ¼ cup finely chopped fresh mint leaves
- ¼ to ½ teaspoon salt
- 6 radishes
- 2 carrots, cut into thick julienne
- 1 beet, peeled and thinly sliced
- Whole wheat crackers



Tzatziki Preparation

- Place the yogurt, cucumber, garlic, mint and salt in a bowl and mix well
- Cover and refrigerate for at least 1 hour and up to two days
- Scoop up the dip with the raw vegetables and crackers and enjoy!

