

Low Fat Dips

Greek Yogurt Ranch Dip:

- 1 cup non-fat Greek yogurt
- $\frac{3}{4}$ tsp. garlic powder
- $\frac{1}{2}$ tsp. onion powder
- $\frac{1}{2}$ tsp. dried dill
- $\frac{1}{8}$ tsp. salt
- $\frac{1}{4}$ tsp. Worcestershire sauce
- $\frac{1}{8}$ tsp hot sauce
- Garnish with chopped fresh chives

Low Fat Spinach Dip:

- 10 oz. baby spinach
- Steam or sauté until wilted, cool
- When cooled, mix with 4 oz. softened non-fat cream cheese
- 1 cup non-fat Greek yogurt
- $\frac{1}{4}$ cup grated parmesan cheese
- $\frac{1}{4}$ cup finely chopped scallions
- 1 minced garlic clove
- 1 Tbsp. lemon juice
- Mix & chill