



Creamy Garlic Salad

SERVING SIZE: ½ cup
SERVINGS: 7
PREPARATION TIME: 20 minutes

INGREDIENTS:

- 1/4 cup plain yogurt (not vanilla)
- 1/2 cup mayonnaise
- 1/4 cup milk, fat free
- 1 teaspoon dried parsley
- 3/4 teaspoon garlic powder
- 15 cherry tomatoes
- 1 cucumber or zucchini or summer squash
- 2-3 carrots, peeled
- 1 small onion



DIRECTIONS:

1. In a large bowl, mix yogurt, mayonnaise, milk, dried parsley, garlic powder, and black pepper.
2. Cut tomatoes in half. Dice onion. Cut other veggies into bite-size pieces.
3. Add veggies to bowl and mix.
4. Serve immediately or chill and use within 3 days for best flavor.

RECIPE TIPS:

- Add frozen vegetable blends like carrots, peas, and broccoli instead of fresh.
- Use with drained and rinsed canned vegetables like corn, carrots and beans.
- Low-fat yogurt and mayonnaise are best.

NUTRITION FACTS:

Amount Per Serving	
Calories	84
Total fat	4g
Saturated fat	1g
Cholesterol	5mg
Sodium	154mg
Total Carbohydrate	8g
Fiber	1g
Sugar	6g
Includes 0g of Added Sugars	
Protein	2g
Phosphorus	22mg
Potassium	126mg

EQUIPMENT NEEDED:

- Large bowl
- Spoon
- Measuring cups and spoons
- Sharp knife
- Cutting board

Recipe submitted by Mount Mary University Dietetics Department
Additional recipes available at: www.healthyshelves.org