

Creamy Horseradish Dip

SERVING SIZE: 2 Tablespoons
SERVINGS: 8
PREPARATION TIME: 2 minutes
READY IN: 7 minutes

INGREDIENTS:

- 1 cup fat free plain Greek yogurt
- 1 Tablespoon grated horseradish, prepared or fresh
- 1/2 teaspoon onion powder
- 1 1/2 teaspoon dried dill
- 1/4 teaspoon salt



DIRECTIONS:

1. Mix all ingredients together in a bowl until combined.
2. Cover and refrigerate for up to 3 days. Stir to combine before serving again.

RECIPE TIPS:

- To choose horseradish, look for a firm, creamy white root that is free of bruises.
- Store the fresh root in the fridge in a plastic bag for up to 1-2 months.
- Prepare by peeling off brown outer skin and grating the peeled root.
- Once the fresh root is cut or grated, freeze it or use it within a few days.
- Use it to add zing to a relish or sauce.

NUTRITION FACTS:

Amount Per Serving	
Calories	18
Total fat	0g
Saturated fat	0g
Cholesterol	0mg
Sodium	95mg
Total Carbohydrate	2g
Fiber	0g
Sugar	1g
Includes 0g of Added Sugars	
Protein	3g
Phosphorus	36mg
Potassium	52mg

EQUIPMENT NEEDED:

- Mixing spoon
- Measuring spoons
- Bowl

Recipe submitted by Mount Mary University Dietetics Department

Additional recipes available at: healthyshelves.org