



Veggie Dip

INGREDIENTS

1/2 cup fat-free sour cream
1/3 cup prepared salsa
3 tablespoons chopped green onions
1/2 teaspoon garlic salt

PREPARATION

Put sour cream, salsa, green onions, and garlic salt in a small bowl. Stir well.

Serve bell pepper strips, celery sticks, radishes, broccoli pieces, or tomato wedges with dip.

Makes 4 servings.

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NUTRITIONAL INFORMATION PER SERVING

One serving of 1/4 cup of dip and 1/2 cup of veggies contains:

60 calories

0 grams of fat

3 grams of fiber

107% of Daily Value of Vitamin A

141% of Daily Value of Vitamin C

For more free healthy recipes, log on to
www.idph.state.ia.us/pickabetersnack

*Recipe from California Children's 5 a Day-Power Play!
Campaign.*

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