

# K's Kitchen: A fairly healthy veggie dip

By Kathryn Reed

Most dips seem to be so full of calories that it doesn't matter that you are dipping veggies in it – the end result is more bad than good.

But it doesn't have to be that way. The creamy dip below uses nonfat Greek yogurt instead of sour cream and Vegemaise instead of mayonnaise. Feel free to use the more fattening alternatives!

Yes, the “better for you” ingredients do make this a bit sweeter and tangier than the fat-laden options. But I like the flavor, as did the group I served it to based on it almost being gone.

I like this version because I can keep dipping without guilt.

Fresh dill could be used. You will find beau monde in the spice aisle.

If you have any left, I could see this being good as a salad dressing.



Healthy Creamy Vegetable Dip

2/3 C nonfat Greek yogurt

2/3 C Veganaise

1 green onion, rough chop

1 T parsley

1 tsp dill weed

1 tsp beau monde

Mix all ingredients in blender. Refrigerate overnight.