



GARDEN AVOCADO DIP

PREP TIME: 5 minutes

SERVING SIZE: ¼ cup

SERVES: 4

INGREDIENTS

- 2 small ripe avocados
- 2 scallions
- ¼ cup tightly packed parsley leaves
- ¼ cup tightly packed basil leaves
- 3 tablespoons lemon juice
- 2 tablespoons non-fat greek yogurt
- ¼ teaspoon salt



PREPARATION

1. Combine all ingredients in a food processor and puree until smooth.
2. Transfer to a serving bowl. Serve with pita chips or veggies.

SOURCE

Feedmephoebe.com

Recipe modified by CHOICES Nutrition Education Program

Nutrition Facts

4 servings per container
Serving size 1/4 cup (151g)

Amount per serving
Calories 180

| | % Daily Value* |
|-------------------------------|-----------------------|
| Total Fat 15g | 19% |
| Saturated Fat 2g | 10% |
| Trans Fat 0g | |
| Cholesterol 0mg | 0% |
| Sodium 140mg | 6% |
| Total Carbohydrate 12g | 4% |
| Dietary Fiber 8g | 29% |
| Total Sugars 2g | |
| Includes 0g Added Sugars | 0% |
| Protein 3g | |
| Vitamin D 0mcg | 0% |
| Calcium 48mg | 4% |
| Iron 1mg | 6% |
| Potassium 607mg | 15% |

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



This institution is an equal opportunity provider. Rev 6/19
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DIP DE AGUACATE DE JARDIN

TIEMPO DE PREPARACIÓN: 5 minutos

TAMAÑO DE PORCIÓN: ¼ taza

PORCIONES: 4

INGREDIENTES

- 2 pequeños aguacates maduros
- 2 cebolletas
- ¼ de taza de hojas perejil fresco
- ¼ de taza de hojas de albahaca fresco
- 3 cucharadas de jugo de limón
- 2 cucharadas de yogur griego sin grasa
- ¼ de cucharadita de sal



PREPARACIÓN

1. Combine todos los ingredientes en un procesador de alimentos y puré hasta que quede liso.
2. Transfiera a un recipiente para servir. Sirva con chips de pita o vegetales.

FUENTE

Feedmephoebe.com

Receta modificada por CHOICES Programa Educativo de Nutrición

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