



## Veggie Kabob and Creamy Herb Dip

Number of servings: 4

Serving size: 3 kabobs

### Equipment:

None

### Ingredients:

- 24 cherry tomatoes
- 12 sugar snap peas
- 12 (1-inch) slices cucumber
- 1 container (7 ounces) fat free Greek-style yogurt
- 2 Tablespoons minced fresh herbs (such as basil, parsley, dill, cilantro)
- 1 Tablespoon minced green onion
- 2 teaspoon lemon juice
- 1/8 teaspoon salt
- 12 – 6 inch bamboo skewers\*

### Directions:

Thread 2 cherry tomatoes, 1 pea pod and 1 cucumber piece onto each of twelve 6-inch bamboo skewers. Combine yogurt, herbs, green onion, lemon juice and salt in small bowl. Serve as dip with skewered vegetables.

### Cost per recipe:

### Cost per serving:

\*Bamboo skewers are not included in cost analysis

**MyPlate servings:** 1 ¼ servings of vegetables, ¼ serving of dairy

## Nutrition Facts

Serving Size 3 kabobs  
Serving Per Container 4

### Amount Per Serving

**Calories 62**

	% Daily Values*
<b>Total Fat</b> 0g	<b>0%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 1mg	<b>0%</b>
<b>Potassium</b> 429mg	<b>12%</b>
<b>Sodium</b> 71mg	<b>3%</b>
<b>Total Carbohydrate</b> 8g	<b>3%</b>
Dietary Fiber 2g	<b>8%</b>
Sugars 6g	
<b>Protein</b> 7g	<b>14%</b>

\*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

\*\***Nutrition Analysis:** performed using <https://www.supertracker.usda.gov>

Parsley was the herb used in the nutrition analysis