

South of the Border Dip

Makes: 16 servings

Ingredients

1 cup sour cream, non-fat

1 cup yogurt, non-fat plain

1 cup salsa

Directions

1. Mix the sour cream, yogurt, and salsa.
2. Store the dip in a covered container if you don't plan to eat it right away.
3. Keep the dip in the fridge until you serve it.

Notes

Serve with baked tortilla chips, crackers, or bite sized vegetables.

Source: Pennsylvania Nutrition Education Program, Pennsylvania Nutrition Education Network Website Recipes

Nutrition Information

Nutrients	Amount
Calories	25
Total Fat	0 g
Saturated Fat	0 g
Cholesterol	5 mg
Sodium	85 mg
Total Carbohydrate	5 g
Dietary Fiber	0 g
Total Sugars	2 g
Added Sugars included	N/A
Protein	1 g
Vitamin D	N/A
Calcium	N/A
Iron	N/A
Potassium	N/A

N/A - data is not available