

# Spinach and Kale Greek Yogurt Dip



Makes 14 (1/4 cup) servings. Each serving has 35 calories, 1 g fat, 4 g protein, 3 g carbohydrates, 0 g fiber and 40 mg sodium.



Prep time: 10 minutes    Chill time: 30 minutes

## DIRECTIONS:

### INGREDIENTS:

- 16 oz. fat-free plain Greek yogurt
- 3 Tbsp. light mayonnaise
- 3 cloves garlic, minced
- 1/2 tsp. onion powder
- 1/2 tsp. garlic powder
- 1/2 tsp. dill
- 1 c. kale, finely chopped
- 1 c. spinach, finely chopped
- 1/3 c. bell pepper, minced
- 1/3 c. carrot, minced
- Salt and pepper to taste



Add yogurt, mayonnaise, and seasonings to a bowl.



Stir to combine.



Chop kale, spinach, pepper and carrots.



Add to bowl.



Stir to combine. Chill for 2 hours.



Serve with your favorite vegetables.

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