



Yogurt Dip

Makes 1 cup

- 1 cup Sugar River plain yogurt*
- 2 tablespoons fresh lemon juice
- 2 tablespoons chopped flat leaf parsley*
- ½ teaspoon salt
- 1 garlic clove, finely minced*

Combine all ingredients in a large bowl; cover and refrigerate for 30 minutes. Serve with pita chips.

Adapted from Cooking Light

October 7, 2009

*Items available at Chicago Downtown Farmstand

