

**Greek yogurt ranch dip**

**Ingredients:**

- 1 cup (250mL) 0% plain Greek yogurt

- 3 Tbsp (45mL) light mayonnaise

- ½ tsp (2mL) grated lemon skin (little pieces)

- 2 Tbsp (25mL) lemon juice

- 2 Tbsp (25mL) chopped fresh dill

- 1 Tbsp (15mL) each chopped fresh chives or parsley

- 1 clove garlic, minced (into very small pieces)

- 3 Tbsp (45mL) skim milk

**Directions:**

1. In a bowl, mix yogurt, mayonnaise, lemon skin, lemon juice, dill, chives or parsley, garlic and milk until smooth.

2. Have this with fresh cut vegetables (ex: carrots, cucumber, peppers, broccoli, and cauliflower)