

Honey Cilantro Yogurt Dip

Serve as a dip with our Mofonguitos recipe, or use as salad dressing.

Makes: 8 servings

Source: <https://web.uri.edu/community-nutrition/honey-cilantro-yogurt-dip/>



Small Changes,
BIG Difference!

Ingredients

- 1½ cups plain, low-fat yogurt
- ⅓ cup chopped cilantro
- 1 scallion, chopped
- ½ teaspoon minced garlic
- ½ tablespoon lemon juice
- ½ teaspoon salt
- 1 tablespoon honey

Directions

For a thicker dip-like consistency:

1. Finely chop cilantro and scallion, then combine with yogurt. Add minced garlic, lemon juice, salt, and honey. Mix with a spoon.

For a thinner dressing consistency:

1. In a food processor or blender, combine all ingredients. Blend until smooth.
2. Serve as a dip with our SNAP-Ed [Mofonguitos](#) recipe, or use as a salad dressing.



Nutrition Information

Serving Size: 1/4 cup	
Nutrients	Amount
Calories:	30
Total Fat:	0 g
Saturated Fat:	0 g
Cholesterol:	5 mg
Sodium:	170 mg
Total Carbohydrates:	5 g
Dietary Fiber:	0 g
Total Sugars:	4 g
Added Sugars:	2 g
Protein	2 g

Utensils Needed

- Knife
- Cutting Board
- Measuring Cups
- Measuring Spoons
- Spoon
- Food Processor or Blender (Optional)

SHOPPING LIST

Average total cost without oil and seasonings: \$5.97

Average cost/serving: \$0.75

Recipe Makes: 8 Servings

Note: The below list of ingredients is a suggestion. Similar ingredients may be purchased based on preference, diet restrictions, budget and location.

Ingredients



Add 1 to Cart
Plain Yogurt, Low-Fat (32 oz.)



Add 1 to Cart
Cilantro (1bunch)



Add 1 to Cart
Scallions (1 bunch)



Add 1 to Cart
Garlic (1 bulb)



Add 1 to Cart
Lemon

SAVE TIME, SAVE MONEY

My Cooking Notes

Chef's Tips

- Making your own homemade dip may cost less and can be healthier than purchasing store bought dips and sauces.

Similar Recipes

- Save money by reusing some of these Ingredients in other recipes found on snapedny.org, such as:
 - Chilled Blueberry Soup
 - Hummus