

## Creamy Salsa Dip



### PLATE SECTIONS FULFILLED:



Protein



Fats



Carbohydrates



Vegetables



Extras

Recipe yields ~2 cups & makes 4 servings  
(1 serving = ~1/2 cup)

### INGREDIENTS

- 1 cup salsa
- 1 cup plain, nonfat Greek yogurt
- ¼ cup finely chopped cilantro
- 1 tsp chili powder
- 1 tsp ground cumin

### INSTRUCTIONS

1. In a medium bowl combine all of the ingredients.
2. Refrigerate for 1 hour so the flavors blend. Serve with tortilla chips, or vegetables.