

Herbed Yogurt Sauce

Servings: 4

Diet: Vegetarian & Gluten-Free

Ingredients

- 1 cup plain yogurt, low-fat
- ¼ cup fresh herbs, finely chopped or 2 tablespoons dried herbs (basil, oregano, thyme)
- Juice of 1 lemon or 2 tablespoons of lemon juice
- ¼ teaspoon salt
- ¼ teaspoon black pepper

Instructions

STEP 1: Combine all ingredients in a medium bowl, stir to combine. For a thinner sauce, add 1 tablespoon of water at a time until desired thickness. Use as a dip or to top a meal.



- **Reduce Food Waste:** When using fresh soft herbs, use the stems, too. They have the same flavor as the leaves with added crunch!
- **Did You Know?** Yogurt contains probiotics and essential nutrients which support bone health, digestion and the immune system.



Per Serving: 40 Calories | 5g Carbs | 5g Sugar | 0g Fiber | 1g Fat (0.5g Sat Fat) | 3g Protein | 190mg Sodium

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