



Broccoli & Carrots with Greek Yogurt

Servings

4

Calories

40

Prep Time

10 minutes

Total Time

1 hr 10 minutes

Skill Level

Easy

Ingredients

1 (12 ounces) package Mann's Broccoli & Carrots

¾ cup plain 2% reduced-fat Greek yogurt

1 garlic clove, minced

2 tablespoons chives, chopped

¼ teaspoon dried dill

¼ teaspoon salt

¼ teaspoon black pepper

1 tablespoon lemon juice



The Method

In a small bowl, combine Greek yogurt, minced garlic clove, chopped chives, chopped dill, salt, pepper and lemon juice; Chill for 1 hour. May be prepared the day before. Serve with Mann's Broccoli and Carrots. Enjoy!

Nutrition Facts

Serving Size: 51g | Servings: 4

Amount Per Serving

Calories 40 | Calories from Fat 10 | Total Fat 1g (sat fat 0.5g trans 0g) | Cholesterol 5mg | Sodium 170mg | Total Carbohydrate 3g |

Dietary Fiber 0g | Sugars 2g | Protein 4g | Vitamin A 2% | Vitamin C 4% | Calcium 6% | Iron 0%