**PB-licious Yogurt Dip**

Total time: 10 minutes + 15 minutes chilling  
Recipe yields: 3 (¼ cup) servings

**Directions:**
1. Combine all ingredients in a small bowl.  
2. Mix well together.  
3. Refrigerate for at least 15 minutes.  
4. Refrigerate leftovers in covered container.

**Serving Suggestions:**
- Serve with fruit slices (apple, banana, strawberry) or cinnamon sugar pita chips
- As a dessert option, add chocolate chips and strawberry slices on top

**Nutritional Analysis (¼ cup):**
80 calories, 3g Total Fat, 9g Carbohydrates, 5g Protein

**Ingredients:**
- ½ cup (5.3 oz) vanilla Greek yogurt *
- 1 Tbsp creamy peanut butter
- 1-2 tsp honey
- ¼ tsp ground cinnamon

*We used Oikos Vanilla Greek Nonfat Yogurt
Spinach Greek Yogurt Dip

Total time: 30 minutes + chilling
Recipe yield: 16 (¼ cup) servings

Directions:
1. Thaw spinach and then remove from package and pat down/wring dry between paper towels until no liquid remains.
2. Combine yogurt and Ranch salad dressing mix in a mixing bowl, stirring until smooth.
3. Stir in spinach and remaining ingredients (feta cheese, green onions, carrots, yellow pepper, black pepper, and dill).
4. Cover and refrigerate until time to serve.

Serving Suggestions:
As dip for fresh veggies, Hawaiian bread or whole-grain crackers

Nutritional Analysis (¼ cup):
43 calories, 1g Total Fat, 3g Carbohydrates, 5g Protein

Ingredients:
1 (10 oz) box frozen chopped spinach
2 cups (16 oz) plain lowfat Greek yogurt*
1 packet (1 oz) Ranch salad dressing mix*
½ cup (2 oz) reduced fat feta cheese
¼ cup green onions, finely chopped
2 Tbsp carrots, shredded
½ cup yellow pepper, chopped
⅛ tsp black pepper
2 Tbsp fresh dill, chopped

* We used 2% Fage Greek Yogurt and Hidden Valley Greek Yogurt Ranch Salad Dressing Mix

Source: www.uhs.uga.edu/nutrition/recipes/spinach_yogurt_dip.html
Fiesta Black Bean & Tomato Salsa

Total time: 10 minutes + chilling
Yields: 10 (¼ cup) servings

Directions:
1. Drain tomatoes.
2. Drain and rinse black beans.
3. Combine tomatoes, black beans, green onion, cilantro, lime juice and salt, in a medium bowl. Stir to blend.
4. Taste and if desired add diced jalapenos to make the salsa spicier.
5. Cover and refrigerate until ready to serve.

Serving Suggestions:
• Serve with tortilla or pita chips.
• Can be added to tacos, burritos, or enchiladas.
• Use as topping on scrambled egg breakfast burritos or burgers

Nutritional Analysis (¼ cup):
46 calories, 0g Total Fat, 9g Carbohydrates, 3g Protein

Ingredients:
1 (15 oz) can diced tomatoes *
1 (15 oz) can black beans
⅛ cup green onion, chopped
1-2 Tbsp fresh cilantro, chopped
1 Tbsp lime juice
¼ tsp salt
jalapenos, diced (optional)

* Substitute diced tomatoes in medium, hot, fire-roasted, or chipotle flavor depending on personal spiciness preference.

* We used Red Gold Petite Diced Tomatoes chipotle-flavored

Source: www.eatingwell.com/recipes/blackbean_tomato_salsa.html
www.food.com/recipe/black-bean-tomato-salsa-244599