



## Creamy Jalapeno Ranch Yogurt Dip

Preparation Time: 20 minutes

Category	Optional					Cooking process	#1 No Cook
Yield		1 qt 3 cups		3 qt		Directions	
Ingredients		Weight	Measures	Weight	Measures		
Greek yogurt, plain, non-fat			1 qt		3 qt	<b>CCP: No bare hand contact with ready to eat food.</b>	
Mayonnaise			2 cups		1 quart 1 pint		
Cilantro, fresh, chopped	.7 oz		1/2 cup	1.3 oz	1 1/2 cup	1. Place all ingredients in a large bowl or container. Whisk to combine. Alternatively, use a blender to combine.	
Jalapeno, fresh, finely diced	2.1 oz		1/2 cup	6.1 oz	1 1/2 cup		
Lime juice			1/2 cup		1 1/2 cup	2. Cover and store in the refrigerator until ready to use.	
Black pepper			2 tsp		2 Tbsp		
Granulated garlic			2 tsp		2 Tbsp	<b>CCP: Hold and serve at 41° F or below.</b>	
Onion powder			2 tsp		2 Tbsp		
Salt			1 tsp		1 Tbsp		
<b>Meal components</b>		.25 oz m/ma					
<b>Notes</b>		<b>Marketing guide (Food As Purchased)</b>				<b>1 qt 3 cups</b>	<b>3 quarts</b>
*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredient is available.		Cilantro, fresh				.8 oz	1.5 oz
		Jalapeno, whole with stem				2.1 oz	6.2 oz



**Serving**

One #24 disher provides .25 oz m/ma.



**Nutrients per serving**

Calories	89	kcal	Sat Fat	1	g
Protein	2	g	Chol	9	mg
Carb	1	g	Sodium	118	mg
Total Fat	9	g	Dietary Fiber	<1	g

