

# Chipotle Pepper Dip

Makes 5 servings

Prep Time: 10 min

Cook Time: 10 min

## Ingredients

- 1 teaspoon Chipotle pepper sauce
- 2 (8-ounce) containers low-fat plain yogurt
- 1/2 cup thick and chunky salsa
- 2 tablespoons cilantro, chopped
- 1/4 cup Cheddar cheese, shredded
- Assorted cut vegetables or corn chips

Combine all ingredients in medium bowl; mix until blended and refrigerate. Add shredded cheese. Serve with assorted cut vegetables or corn chips.

Yield: 1/2 cup, per serving

*Recipe created by 3-A-Day™ of Dairy*

## Nutritional Facts per serving for individual food recipe:

- Calories: 90
- Total Fat: 3 g
- Saturated Fat: 2 g
- Cholesterol: 10 mg
- Sodium: 440 mg
- Calcium: 20% Daily Value
- Protein: 6 g
- Carbohydrates: 9 g
- Dietary Fiber: Less than 1 g