



## Creamy Jalapeno Ranch Yogurt Dip

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	2. Cover and store in the refrigerator until ready to use.		
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	<b>CCP: Hold and serve at 41° F or below.</b>		
Black pepper		2 tsp		2 Tbsp			
Granulated garlic		2 tsp		2 Tbsp			
Onion powder		2 tsp		2 Tbsp			
Salt		1 tsp		1 Tbsp			
<b>Meal components</b>		.25 oz m/ma					
<b>Notes</b> *See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredient is available.		<b>Marketing guide (Food As Purchased)</b>			<b>1 qt 3 cups</b>	<b>3 quarts</b>	
		Cilantro, fresh			.8 oz	1.5 oz	
		Jalapeno, whole with stem			2.1 oz	6.2 oz	



<b>Serving</b>					
One #24 disher provides .25 oz m/ma.					
<b>Nutrients per serving</b>					
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