

Broccoli Forest Plate with Yogurt Dip

Ingredients:

- 1/4 cup nonfat yogurt, plain
- 1/4 cup sour cream, light
- 2 teaspoons honey
- 2 teaspoons spicy mustard
- 3 cups broccoli florets
- 2 each carrots, peeled
- 4 each cherry tomatoes
- 3 tablespoons parsley flakes

Equipment:

- 4 plates
- Mixing bowl
- Squirt bottle (optional)
- Measuring cups
- Measuring spoons
- Cutting board
- Knife

Number of Servings: 4
 Prep Time: 10 minutes
 Total Time: 10 minutes

Directions

1. Prepare dipping sauce by combining yogurt, sour cream, honey, and mustard in a small bowl. Mix well.
2. Hold carrots against cutting board and trim off ends. Cut each half, crosswise, then lengthwise to make four pieces for the trunk of the trees.
3. Arrange each plate by putting two carrot pieces side by side in the center.
4. Arrange broccoli around the carrots forming a cluster for the tree tops.
5. Arrange the tomatoes at the top of the plate for a sun.
6. Spoon dip around the base of carrots to form the ground and sprinkle with parsley.

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Nutrition Facts

Serving Size: 1 plate

Servings: 2

Amount Per Serving

Calories 64

Calories from Fat 9

%Daily Value*

Total Fat 1g 10%

Saturated Fat 0g 1%

Cholesterol 1mg 0%

Sodium 79mg 3%

Total Carbohydrate 12g 4%

Dietary Fiber 3g 12%

Protein 3g 7%

Vitamin A 241% Vitamin C 103%

Iron 5% Calcium 8%

*Percent Daily Values are based on a 2,000 calorie diet.

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