

Curry Dip

Ingredients:

8 ounces nonfat sour cream
 6 ounces nonfat yogurt, plain
 1 tablespoon curry powder

Equipment:

Mixing bowl
 Measuring cups
 Measuring spoons
 Spatula

Number of Servings: 16
 Preparation Time: 5 minutes
 Total time: 5 minutes

Directions

1. Mix the sour cream, yogurt, and curry powder.
2. Serve with bite-size raw vegetables, crackers, or pita bread.

For more recipes, please visit:
www.fcs.ext.vt.edu/recipes



Friend us on Facebook and
 follow us on Twitter

www.facebook.com/vafnp
www.twitter.com/vafnp

Nutrition Facts

Serving Size: 2 tablespoons
 Servings: 16

Amount Per Serving		%Daily Value*	
Calories 19	Calories from Fat trace		
Total Fat traceg			0%
Saturated Fat 0g			1%
Cholesterol 2mg			1%
Potassium 33mg			1%
Sodium 122mg			5%
Total Carbohydrate 2g			1%
Dietary Fiber 0g			0%
Protein 2g			3%
Vitamin A 4%	Vitamin C 0%		
Iron 1%	Calcium 4%		

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

The U.S. Department of Agriculture (USDA) is an equal opportunity provider and employer. This material is partially funded by USDA's Supplemental Nutrition Assistance Program – SNAP. The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact your county or city Department of Social Services or to locate your county office call toll-free: 1-800-552-3431 (M-F 8:15-5:00, except holidays). By calling your local DSS office, you can get other useful information about services. This material was partially funded by the Expanded Food Nutrition Education Program, USDA, NIFA.