Minted Dill Yogurt Dressing
From – Moosewood Restaurant Low-Fat Favorites

1 cup nonfat or low-fat yogurt
2 tsp minced scallions or onions
1 Tbsp minced fresh dill
1 tsp minced fresh mint
1 small garlic clove, pressed
2 tsp fresh lemon juice
pinch of sugar
salt to taste

• Combine all the ingredients and set aside for at least 30 minutes to allow the flavors to marry.
• Covered and refrigerated, it will keep for about 10 days or for about a week past the expiration date on the yogurt container, whichever comes first.

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