



Vegetable Medley with Salsa Dip

A quick and tasty snack you can enjoy throughout the day.

Makes 4 servings.

1 cup vegetables and ½ cup salsa dip per serving.

Prep time: 20 minutes

Ingredients

- 2 carrots, cut into 3-inch sticks
- 2 celery stalks, cut into 3-inch sticks
- ½ jicama, peeled and cut into 3-inch sticks
- 1 bunch radishes, trimmed

- 6 green onions, trimmed
- 1 cup fat free sour cream
- 1 cup Pico de Gallo (see page 8)

Preparation

1. Arrange vegetables on a platter.
2. In a small bowl, mix sour cream and Pico de Gallo. Serve salsa dip with vegetables.

Nutrition information per serving: Calories 100, Carbohydrate 22 g, Dietary Fiber 6 g, Protein 3 g, Total Fat 0 g, Saturated Fat 0 g, Trans Fat 0 g, Cholesterol 5 mg, Sodium 308 mg