

# 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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