



**K-STATE**  
Research and Extension

## Colorful, Tasty Dip

### Creamy Veggie Dip

4 servings

#### Ingredients:

1/2 cup  
low fat  
sour cream  
1/2 cup  
low fat  
ranch dressing  
Pepper to taste



Veggies to dip: carrots, cucumber circles, green pepper strips, cherry tomatoes, zucchini sticks, radishes

#### Nutrition Facts:

1/4 cup provides 100 calories, 45 calories from fat, 5 g total fat, 2.5 g sat. fat, 0 trans fat, 16 g sugar, 350 mg sodium, 9 g total carbohydrate, 5 g sugar, 1 g protein, 4% calcium, 0% iron

Recipe from *Kids-a-Cookin'*

#### Directions:

In a small bowl combine sour cream and ranch dressing. Add pepper to taste.

*Revised 07/2012*

Newsletter developed by Tandalayo Kidd, PhD, RD, LPN, Associate Professor/Extension Specialist in Human Nutrition, Susie Bilderback, Extension Program Assistant, and Katie Hamm and Felicia Smith, former seniors in Dietetics • Resources: <http://www.fruitsandveggiesmorematters.org> • <http://www.kidsacookin.ksu.edu/>

#### Kansas State University Agricultural Experiment Station and Cooperative Extension Service

K-State Research and Extension is an equal opportunity provider and employer. Issued in furtherance of Cooperative Extension Work, Acts of May 8 and June 30, 1914, as amended. Kansas State University, County Extension Councils, Extension Districts, and United States Department of Agriculture Cooperating, Gary Pierzynski, Interim Director.