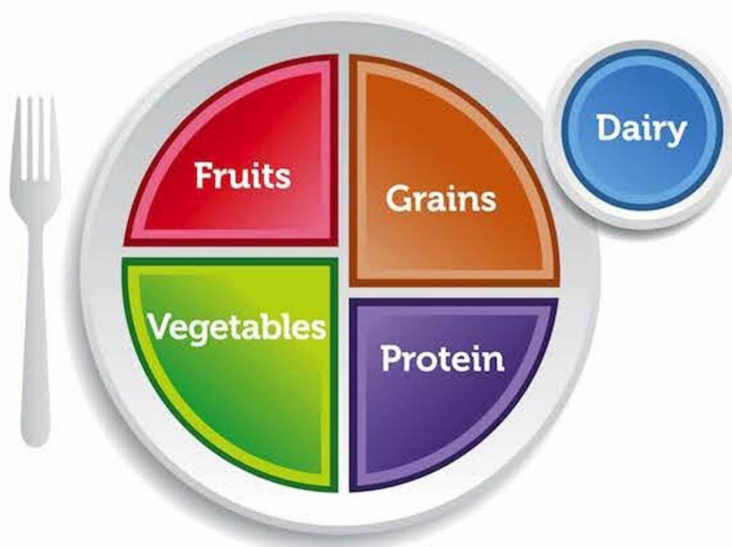


# TWO GREEK YOGURT DIPS

CREATED BY COMMON GOOD CITY FARM

JOIN US ON ZOOM- WED 3/10 AT 4:30PM

TEXT EMILY 202-430-6138 IF YOU NEED THE LINK



Use MyPlate to learn all the different parts of a healthy meal. It's important to eat a mix of all the food groups throughout your day and fill half your plate with fruits and veggies. Let's learn what food groups each of our recipe ingredients belongs to!

## Recipe: Greek Yogurt Vegetable Dip

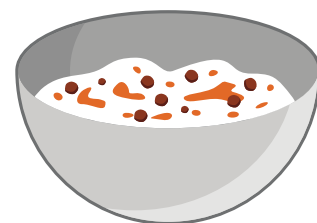
### Ingredients

- 1/3 cup plain greek yogurt (**Dairy**)
- 1 tsp. dried dill
- 1 tsp. garlic salt
- carrots (**Vegetable**)
- pretzels (**Grain**)

## Recipe: Nut Butter Dip

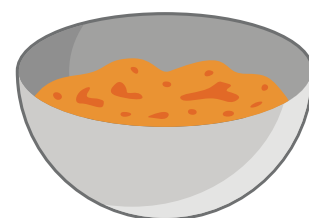
### Ingredients

- 1/3 cup plain greek yogurt (**Dairy**)
- 3 Tbsp sunflower butter or nut butter (**Protein**)
- 1 Tbsp honey
- 1 apple, sliced (**Fruit**)
- pretzels (**Grain**)



### Other Supplies Needed

- 2 small bowls
- spoon
- whisk or fork
- cutting board and knife for slicing apple or any extra veggies



# Instructions

1. In a small mixing bowl combine yogurt and seasonings from the first recipe and whisk or stir with a fork.
2. You can substitute fresh herbs, but use a little more than the recipe calls for.
3. Dip carrots and pretzels in your savory dip and enjoy!
4. In another small bowl combine yogurt, sunflower butter and honey and mix until smooth.
5. Dip apple slices and pretzels in your sweet dip and enjoy!
6. Store the rest of the dips in an airtight container in your fridge and try dipping other veggies or pita chips or whatever you can think of to try!

## Stay safe!

**1. Always ask an adult's permission before cooking or using tools in the kitchen, especially the stove.**

2. **Wash Your Hands:** Clean hands are very important for food safety and should be the first step before touching any food or tools.



3. **Clean As You Go:** Cleaning spills and messes as you go will prevent slips and falls. Plus it makes it easier to have a clean kitchen at the end!

4. **Pay attention to what is hot:** If you are using the stove, remember that handles and utensils can get hot, use a potholder or towel to handle hot items.

5. **Practice Good Knife Skills:**

Hold your knife by the handle with one finger along the top edge. Pay attention to your fingers and curl them into a bear claw to avoid cutting yourself while holding the food item. Only cut on a stable surface.



Common Good City Farm  
Growing Food. Cultivating Community.