

# Curry Yogurt Dip

Curry Powder is actually a spice blend of turmeric, cumin, black pepper, and ginger—some also contain cinnamon and garlic. This pungent spice blend blooms when added to hot oil, creating a depth of flavor that is unmatched. This dip is perfect for cool, crisp vegetables such as carrots and celery or as a spread for sandwiches.

Serves 10

Serving size: 2 Tablespoons

Prep time: 10 minutes

Cook time: 5 minutes

Total time: 15 minutes

## Ingredients

- 2 Tablespoons olive oil
- 1 small shallot, minced
- 3 garlic cloves, minced
- 2 teaspoons curry powder
- 1/4 teaspoon red pepper flakes
- 1/4 cup plain, nonfat Greek yogurt
- 2 Tablespoons cilantro, minced
- 2 Tablespoons lime juice
- 1/2 teaspoon kosher salt
- 2 teaspoons honey or maple syrup



## Directions

1. Heat oil in a small skillet over medium-high heat until it shimmers. Add shallot and cook until softened. Stir in curry powder, red pepper flakes, and garlic. Cook until fragrant, or about 1 minute.
2. Remove from heat, and stir in remaining ingredients.
3. Cool and then refrigerate for a few hours. Serve as a dip with carrots, celery, or cucumber.

## Nutrition Facts

10 Servings Per Container

Serving Size

20g

Amount Per Serving

Calories

35

% Daily Value \*

<b>Total Fat</b> 3g	<b>4%</b>
Saturated Fat 0g	<b>2%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 60mg	<b>2%</b>
<b>Total Carbohydrates</b> 3g	<b>1%</b>
Dietary Fiber 0g	<b>1%</b>
Total Sugars 1g	
Includes <1g Added Sugars	<b>2%</b>
<b>Protein</b> <1g	
Vitamin D 0mcg	<b>0%</b>
Calcium 10mg	<b>2%</b>
Iron 0.2mg	<b>0%</b>
Potassium 30mg	<b>0%</b>

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

**Ingredients:** Yogurt, Greek, nonfat, plain, CHOBANI, Lime juice, Shallots, Extra Virgin Olive Oil, Maple Syrup, Garlic, Curry powder, Coriander leaves, Kosher Salt, Cayenne Pepper