

Ingredients for Life

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

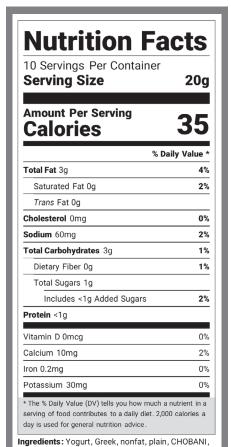
Ingredients

- 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

- 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.
- Cool and then refrigerate for a few hours. Serve as a dip with carrots, celery, or cucumber.





Kosher Salt, Cayenne Pepper

Lime juice, Shallots, Extra Virgin Olive Oil, Maple Syrup, Garlic, Curry powder, Coriander leaves,

