

Veggie Kabob

Number of Servings: About 1

Ingredient

¼ cup	low fat plain yogurt
1/3 tsp.	Ranch Dip Mix®
2 each	fresh broccoli florets
2 each	cherry tomatoes
2 each	cucumber slices
2 each	red bell pepper wedges
2 each	fresh cauliflower florets
2 each	carrot slices
1 each	popsicle stick

Nutrients per serving

Nutrition Facts	
Serving Size About 2 kebabs (193g)	
Servings Per Container About 1	
Amount Per Serving	
Calories 70	Calories from Fat 10
% Daily Value*	
Total Fat 1g	2%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 220mg	9%
Total Carbohydrate 12g	4%
Dietary Fiber 3g	12%
Sugars 8g	
Protein 5g	
Vitamin A 60%	• Vitamin C 130%
Calcium 15%	• Iron 4%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Instructions

1. Mix yogurt and dip mix well.
2. Add vegetables to popsicle sticks as desired.
3. Dip in dressing and eat.

This recipe can be part of a well balanced food plan.

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