

balance

HEALTH & WELLNESS TIPS FOR YOUR LIFE

Chimichurri Spiced Yogurt Dip

Serves: 8

Ingredients:

2 cups plain unsweetened Greek yogurt
½ cup fresh parsley, chopped
¼ cup fresh oregano, chopped
¼ cup fresh cilantro, chopped
1/3 cup scallions, chopped
1 clove garlic, minced and "mashed" with salt to form a simple paste
1½ teaspoons salt
Black pepper to taste
1 teaspoon crushed red pepper flakes
1 teaspoon cumin
1 tablespoon red wine vinegar

Directions:

1. In a large mixing bowl, combine yogurt with cumin, red pepper flakes, cilantro, oregano, parsley and scallions. Then add vinegar, garlic paste, salt and pepper.
2. Mix well and enjoy!

Recipe courtesy of Avera McKennan Hospital & University Health Center Executive Chef Drew Laberis.