Yield: approximately 1½ cups
* 1 recipe will make 16-24 “taste” servings

Ingredients:
1 (8-ounce) container lowfat vanilla yogurt
¼ cup ketchup
¼ cup pickle relish
¼ teaspoon pepper

Directions:
1. In a small bowl, MIX yogurt, ketchup, pickles, and pepper.
2. CHILL for 1-2 hours before serving.

Variations:
Use as a dressing or dip for vegetables and salads in place of mayonnaise.

Equipment
• Mixing bowl
• Measuring cups
• Measuring spoons
• Spoon

* Always practice safe food handling techniques. Refer to Food Safety section.