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

Ingredients:
- 1 (8 ounces) 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.