

Garlicky Herb Dip

Makes: 4 Servings

Prep Time: 10 minutes

Ingredients

- 1 cup plain yogurt
- ½ cup finely chopped fresh Italian flat leaf parsley leaves
- 2 garlic cloves, minced or put through a garlic press
- 2 tablespoons fresh basil, finely chopped
- 1 tablespoon fresh oregano, finely chopped
- 2 tablespoons fresh thyme leaves, finely chopped
- ¼ teaspoon black pepper
- ¼ teaspoon salt

Directions

1. Put all the ingredients in a bowl and mix well.
2. Serve right away or cover and refrigerate for up to 2 days.



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**Nutrition
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