

# Asparagus Dippers

Try this new twist on asparagus with your family and watch these dippers disappear!

Serves 4



## Ingredients

- ¼ cup plain, lowfat yogurt
- 1 tablespoon mayonnaise
- 1 tablespoon lemon juice
- 1 teaspoon Dijon mustard
- ¼ teaspoon dried dill
- ¼ teaspoon garlic salt
- 1 bunch asparagus (washed and trimmed)
- ½ tablespoon olive oil
- salt and pepper to taste

## Nutrition Facts

Serving Size about 6 spears + 1 1/2 tablespoons dip (138g)  
Servings Per Recipe 4

Amount Per Serving

**Calories 60**      **Calories from Fat 30**

% Daily Value\*

**Total Fat 3.5g**      **5%**

Saturated Fat 0.5g      **3%**

Trans Fat 0g

**Cholesterol 0mg**      **0%**

**Sodium 130mg**      **5%**

**Total Carbohydrate 7g**      **2%**

Dietary Fiber 2g      **8%**

Sugars 3g

**Protein 3g**

Vitamin A 20%      • Vitamin C 15%

Calcium 6%      • Iron 15%

\*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:

Please note: nutritional values are approximate.

## Directions

1. Preheat oven to 400 degrees.
2. For the dip, mix together yogurt, mayonnaise, lemon juice, mustard, dill and garlic salt until well combined.
3. Place asparagus on a large baking sheet and drizzle with olive oil, salt and pepper.
4. Bake for 7-9 minutes or until asparagus reaches desired doneness.
5. Serve with dip and enjoy!