

Lemon Dill Yogurt Dip

Equipment Needed:

Measuring cup and measuring spoons
Knife and cutting board
Bowl and spoon for mixing
Strainer

To Make the Recipe

3/4 cup of full-fat yogurt
Juice of 1/4 lemon
2 tbsp fresh dill, chopped
2 tbsp white, red or green onion, chopped fine
Sea salt and pepper

Drain of an excess liquid whey from the yogurt. Place in a bowl. Add the lemon juice, onion and dill. Mix well. Season with sea salt and pepper and mix again. Serve with veggies or chips. Chill in the refrigerator if not using right away. Will keep for several days.

Note: To make a thicker dip, drain more of the whey out of the yogurt by placing the yogurt in a tight mesh cloth and straining it over a bowl. Strain out the whey until the yogurt has the texture you desire.