



Healthy Eating & Weight Loss

Three Lily Dip

- 1 tbsp vegetable oil
- 1 cup sweet onion, finely chopped (vidalia or spanish onion works best!)
- 3 cloves garlic, minced
- 1/4 tsp each salt and pepper
- 1/2 cup each light mayo and light sour cream
- 1/4 cup chopped fresh chives
- 4 cups assorted vegetables such as carrots, cauliflower florets, cherry tomatoes, broccoli florets, celery, string free pea pods, zucchini cut into strips, green pepper cut into strips

In a large skillet, heat oil over medium heat and fry onion, garlic, salt and pepper until onion is soft (approx 3 mins). Scrape into bowl and let cool.

Add mayo and sour cream and chives and stir to blend.

Serve with a wide variety of vegetables -- try something new!!

Makes 8 servings.

104 calories per serving, 2 g protein

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