

A glass of white lentil ranch dip with lentils and herbs, garnished with sliced bell peppers. In the background, a white plate holds more sliced bell peppers in red, orange, and yellow colors. The scene is set on a light-colored wooden cutting board.

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Lentil Ranch Dip

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Prep Time: 5-10 min.

Yields: 4-6 servings

INGREDIENTS

- 1 pint (2 cups) Non-fat plain Greek yogurt
- 1 can Lentils (rinsed, drained & patted dry)
- 1 package Ranch dressing mix
- Assorted cut vegetables

DIRECTIONS

1. Place yogurt, lentils and ranch mix in a bowl. Stir thoroughly.
2. Place dip in a bowl.
3. Serve with vegetables.

Chef's Corner

- This dip is great with grilled chicken strips or on top of a salad.
- Remember to "Eat the Rainbow" when selecting vegetables.



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FLIPANY's mission is to educate and empower youth and adults through nutrition and physical activity programs while influencing policy changes for healthier communities.