

Indian-Spiced Cilantro Dip

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Time: 20 minutes Serves: 8 Points: 1 per serving Yields: about 1/4 cup per serving.

Packed with Indian flavor, this delicious yogurt-based dip is ready in just 15 minutes. Cilantro is the star, but the bright flavor of fresh mint plays an important supporting role. Both should be stored in the fridge with their stems in a cup of water to keep them fresh.

For a smoother, more vibrant-green dip, process all the ingredients in a food processor. Garnish the dip with mint or cilantro leaves or both.

Serve it with warm regular or whole-wheat naan, pappadum (a thin, crisp, nutty Indian wafer), or raw vegetables.

There are many ways to make this recipe: Try leaving out the mayo, adding more yogurt, or stirring in lime juice to taste.

Ingredients

2 cups fresh cilantro, chopped (plus extra for garnish if desired)
1½ cups plain fat-free Greek yogurt
¼ cup reduced calorie mayonnaise
3 Tbsp red onion, chopped, diced
1 tsp fresh ginger, grated
1 tsp curry powder, Madras variety
¾ tsp table salt

Instructions

In a medium bowl, stir together all ingredients until well-mixed.

Transfer to a serving bowl; cover and refrigerate at least 15 minutes for flavors to blend.

Dala's note: purchase Madras curry powder and other wonderful Indian spices & ingredients at *Priya's Spice Bazaar* 1100 Kane Street, La Crosse (in the business incubator) Hours: M-F 5-8 pm, Saturday 10am – 5 pm