

Lime-Jalapeno Cream

Chef Scott - Aldi Test Kitchen
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1 cup plain nonfat Greek yogurt

1 lime, zested and juiced

1 tablespoon cilantro

1/2 jalapeno seeded and diced

1 1/2 teaspoons minced garlic in water

In a blender, combine the yogurt, lime juice, lime zest, cilantro, jalapeno and garlic.

Pulse until fully combined.

Transfer to a small bowl.

Chill for at least one hour before serving.

Per Serving (excluding unknown items): 25 Calories; trace Fat (5.1% calories from fat); 1g Protein; 8g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 5mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 1/2 Fruit.