

# Vegetable Dip (low Calorie)

written by The Recipe Exchange | July 12, 2015

## **Ingredients**

1 c. low calorie mayonnaise  
1 c. plain yogurt  
1 tbsp. parsley  
1 tbsp. dill weed  
1 tbsp. onion, minced  
1 tbsp. Lawry's seasoned salt

## **Directions**

Mix above ingredients together until smooth.