Recipe for: ESSING

Serves 10-20 students a sample size portion

<u>INGREDIENTS</u>

- 8 oz container of plain greek yogurt
- 1-2 tablespoons (or more to taste) fresh parsley, finely minced
- 1-2 tablespoon (or more to taste) fresh chives, finely minced
- 1-2 teaspoon garlic powder or 1-2 cloves fresh garlic, minced
- Salt and pepper to taste
- 1 cup of room temperature water
 OR
- 1 packet of ranch seasoning (if you don't have access to fresh herbs, a packet of ranch seasoning is a good substitute)

<u>DIRECTIONS</u>

- 1. Combine yogurt, herbs, garlic, salt and pepper (or ranch packet) in a small bowl.
- 2. Add water to yogurt mixture 1 tablespoon at a time until desired consistency is achieved.
- 3. Drizzle over chopped greens or serve with veggie sticks for dipping.

