

# Greek Yogurt Onion Dip

Yield: 8 min  
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/briami-greek-vegetable-casserole-recipe>

## Ingredients:

- 1 tablespoon extra virgin olive oil
- 1 cup finely chopped shallots about 2 large
- 1 teaspoon kosher salt divided
- 1/4 cup water
- 1 teaspoon balsamic vinegar
- 1 cup plain Greek yogurt I used 2%
- 1/4 cup milk I used whole milk
- 1/4 cup chopped chives fresh
- black pepper to taste
- veggies
- pita bread
- pretzels
- crackers

## Nutrition:

1. Calories: 110 calories
2. Carbohydrate: 18 grams
3. Cholesterol: 5 milligrams
4. Fat: 3.5 grams
5. Fiber: 1 grams
6. Protein: 4 grams
7. SaturatedFat: 1 grams
8. Sodium: 480 milligrams
9. Sugar: 3 grams

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