

Creamy Mexican Salsa Dip

Yield: 6 min
Total Time: 210 min

Recipe from: <https://www.recipeschoose.com/recipes/mexican-salsa-recipe-pressure-cooker>

Ingredients:

- 3 cups low-fat plain yogurt drained for 3 hours
- 4 ounces green chilies chopped, drained
- 1/4 cup salsa prepared mexican
- 1/4 cup chopped cilantro finely
- 1 teaspoon ground cumin
- 1 teaspoon dried oregano leaves crushed
- 1/4 cup green onions finely chopped
- 1 tablespoon lime juice
- 1/8 teaspoon salt
- black pepper optional
- tortilla chips optional
- 1 leaf cilantro garnish, optional
- 6 cups baby carrots assorted snacking vegetables, cauliflower or broccoli flowerets celery sticks cherry tomatoes cucumbers zucchini s...

Nutrition:

1. Calories: 150 calories
2. Carbohydrate: 27 grams
3. Cholesterol: 5 milligrams
4. Fat: 1 grams
5. Fiber: 5 grams
6. Protein: 10 grams
7. Sodium: 320 milligrams
8. Sugar: 17 grams

Thank you for visiting our website. Hope you enjoy Creamy Mexican Salsa Dip above. You can see more 15 mexican salsa recipe pressure cooker You won't believe the taste! to get more great cooking ideas.