

## Vegetable Dip

- 1 cup low-fat mayonnaise (Best Foods)
- 1 cup fat free sour cream
- 1 teaspoon celery salt or Beaumond seasoning
- 1 teaspoon dill weed
- 1 Table. chopped parsley
- ¼ cup finely chopped green onions
- 2 Table. grated Parmesan cheese
- ¼ teaspoon garlic powder

Mix well and serve with sliced, raw veggies and whole grain crackers.