

# The Healthy Cook

## Yogurt-Tahini

 MAKES 1 CUP

- 1/2 cup 0% greek yogurt
- 1/4 cup extra-virgin olive oil
- 2 Tbs. tahini
- 2 Tbs. fresh lemon juice
- 1 small clove garlic, finely minced
- 1/2 tsp. kosher salt



Whisk all ingredients together in a small bowl.

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*Per 2 Tbs: 90 calories, 125 mg sodium.*

## Bruschetta

 MAKES 1 CUP

- 1 cup chopped tomato
- 1 Tbs. minced basil
- 1 Tbs. extra-virgin olive oil
- 1 small clove garlic, finely minced
- 1/4 tsp. kosher salt



Mix all ingredients and allow the flavors to meld for 10 minutes.

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*Per 2 Tbs: 20 calories, 60 mg sodium.*

## Fresh Salsa

 MAKES 1 CUP

- 1 pint cherry tomatoes
- 1/4 cup chopped white onion
- 1/4 cup cilantro sprigs
- 1 jalapeño pepper (optional)
- 1 Tbs. lime juice
- 1/2 tsp. kosher salt



Combine all ingredients in a food processor and pulse until uniformly minced.

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*Per 2 Tbs: 5 calories, 75 mg sodium.*

## Guacamole

 MAKES 2 CUPS

- 2 avocados
- 1/4 cup minced white onion
- 1/2 cup finely chopped tomato
- 2 Tbs. lime juice
- 1 jalapeño pepper, minced (optional)
- 1/4 tsp. kosher salt



Mash all ingredients with a fork.

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*Per 2 Tbs: 30 calories, 30 mg sodium.*