

EXPRESS ONION DIP

INGREDIENTS

2 green onions
2 tablespoons fresh chives
⅔ cup plain Greek yogurt
⅓ cup Mayonnaise
1 teaspoon dehydrated onions
Salt and pepper → *Do not use pepper if you have ulcer or pain*

PREPARATION

1. Finely chop the green onions and chives. Place them in a small bowl.
2. Add the yogurt, mayonnaise, and dehydrated onions. Pepper and add a pinch of salt.
3. Mix well.
4. Leave to stand for 30 minutes for the flavors to come through.

Recipe translated from: <https://ici.radio-Canada.ca/mordu>

apainintheneck.org

The information on this website is not intended as medical advice nor should it replace advice, expertise, and information given by a member of your healthcare team.