**Healthy Onion Dip**

**Ingredients**

* ½ small sweet onion or green onions (scallions), chopped in small cubes
* ¼ teaspoon garlic powder
* ¼ teaspoon vinegar (red or white wine)
* 1 tablespoon olive oil
* 2 tablespoons fresh herbs (chives, parsley, cilantro, basil, tarragon, oregano) or 2 teaspoon dried
* 2 cups low fat **plain** yogurt
* Salt and pepper to taste

**Directions**

1. Mix together onion, garlic powder, vinegar, salt, pepper, olive oil, chives and parsley.
2. Add yogurt and gently combine.
3. Refrigerate for 2-4 hours, or overnight.
4. Serve with your favorite raw veggies.