

Bagel Dip – Lightened Up!

Ingredients:

- 1 cup lite sour cream
- 1 cup lite mayo
- 1/2 lb dried beef shaved
- 2 teaspoon dill weed
- 2 tablespoon parsley
- 2 tsp accent salt
- diced onion-optional

Directions:

1. Mix it all up and serve with warm onion bagels
2. Also try with veggies try celery, carrots, peppers and more!

Calories 1058, Carbs 25, Fat 86g, protein 42g, sodium 2300mg, sugar 18g