

Scallions and Chives with Yogurt



- 8 oz unsweetened plain yogurt
- 2 chopped scallions
- 2 tsp chopped fresh chives
- ½ tsp sea salt
- ¼ tsp fresh ground black pepper
- 1 tsp fresh crushed or chopped garlic

Place yogurt in cheese cloth or paper coffee filter to drain excess moisture for one hour.
Combine drained yogurt with all ingredients and use as a dip for fresh vegetables.