

French onion dip



Prepared and presented by the students participating in the Kimberley 'Share It' program at Broome Senior High School. Recipe developed by WASCA

Traffic light category: **Green**

Serves: 30 x 30g serves

Ingredients

- 1½ cups extra-light sour cream
- 1½ cups reduced fat natural yogurt
- 1½ packets reduced salt French Onion soup mix
- 3 cloves garlic, peeled
- 3 spring onions, finely sliced
- 30 Wonton wrappers
- Cooking spray
- Fresh vegetable sticks to serve



Method

1. Preheat oven to 180°C
2. Lightly spray a 12 hole muffin tray with olive oil
3. Place one wonton wrapper into each hole, cook for seven minutes or until golden brown
4. remove from trays and allow to cool
5. For the dip, place all ingredients in a bowl and mix until smooth, or for a smoother consistency use a food processor
6. To serve spoon dip into each crisp wonton wrapper and top with a selection of vegetable sticks.

Nutrition information panel

Nutrient	Per serve	Per 100g
Energy	145.41kJ	496.27kJ
Protein	1.55g	5.30g
Total fat	1.84g	6.27g
Saturated fat	1.17g	4.00g
Carbohydrate	2.78g	9.49g
Sugars	2.26g	7.72g
Dietary fibre	0.14g	0.47g
Sodium	90.13mg	307.62 mg

Tip: cooked wonton wrappers can be baked and stored in an airtight container for weeks!



Supporting healthy choices

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