

Recipe Card: The Healthy Ranch Dip

1 can of Garbanzo Beans

Brand Name: Bush's Garbanzo Beans (15 oz)

Nearby Location: Ralphs (915 S Brookhurst St, Anaheim, CA 92804)

Cost: \$1.69

1 cup of Fat free cottage cheese (16 oz)

Brand Name: Kroger's Fat Free Cottage Cheese

Nearby Location: Ralphs (915 S Brookhurst St, Anaheim, CA 92804)

Cost: 1.99

¼ cup Greek yogurt (5.3 oz)

Brand Name: Kroger Plain NonFat Greek Yogurt

Nearby Location: Ralphs (915 S Brookhurst St, Anaheim, CA 92804)

Cost: \$1

1 1- ounce Ranch dip mix

Brand Name: Hidden Valley Original Ranch Dip Mix

Nearby Location: Ralphs (915 S Brookhurst St, Anaheim, CA 92804)

Cost: \$2.69

1 tablespoon Olive Oil

Brand Name: Kroger 100% Olive Oil

Nearby Location: Ralphs (915 S Brookhurst St, Anaheim, CA 92804)

Cost: \$5.99

½ of a Lemon Juice

Brand Name: Regular Lemons

Nearby Location: Ralphs (915 S Brookhurst St, Anaheim, CA 92804)

Cost: \$0.89

Recipe Card: The Three Sister Salad

1 can of black beans

Brand Name: Krogers' Black Beans (15.25 oz)

Location: Ralphs (915 S Brookhurst St, Anaheim, CA 92804)

Cost: \$0.89

Canned corn

Brand Name: Kroger Whole Kernel Sweet Golden Corn

Location: Ralphs (915 S Brookhurst St, Anaheim, CA 92804)

Cost: \$0.79

Cucumber:

Brand Name: Regular Cucumber

Location: Ralphs (915 S Brookhurst St, Anaheim, CA 92804)

Cost: \$0.99

Cilantro:

Brand Name: Regular Cilantro

Location: Ralphs (915 S Brookhurst St, Anaheim, CA 92804)

Cost: \$0.99

Lime Juice:

Brand Name: Regular Limes

Location: Ralphs (915 S Brookhurst St, Anaheim, CA 92804)

Cost: \$0.99