



# Veggie Dips

## Blue Cheese dip

Makes about 1 cup

#### **Ingredients:**

1/4 cup blue cheese, crumbled 2/3 cup plain, low-fat yogurt juice of one small lemon (about 2 tbsp) salt\* and pepper, to taste

Materials: cutting mat and knife measuring spoons mixing spoon mixing bowl

**Directions:** place all ingredients in a bowl and mix together to blend.





\* Try tasting dips before adding salt. Why do we a care about the amount of salt we consume?

### Hummus

Makes about 2 cups

#### **Ingredients:**

1 small clove of garlic, minced1 red pepper, minced juice of 1 lemon 1 (15½ oz.) can garbanzo beans, drained and rinsed ½ cup warm water 2 tbsp plain, low-fat yogurt 2 tbsp olive oil 1 tsp salt\*

½ tsp pepper

Materials: cutting mat and knife can opener colander measuring spoons measuring cups mixing bowl potato masher or fork

**Directions:** peel and mince garlic.

Wash pepper, then cut in half and remove membranes and seeds. Mince.

Wash lemon, then cut in half. Remove seeds and squeeze juice into medium bowl. place beans in a colander and rinse thoroughly.

Add all ingredients to bowl and mash with potato masher until it's the consistency you like.

Hummus can also be made in a blender for a creamier version.

## Ranch dip

Makes about 2 cups

#### **Ingredients:**

1 can (15 oz.) white beans, drained and rinsed ¼ cup water ½ cup plain, low-fat yogurt ½ tsp garlic powder 1/8 tsp cayenne powder

1/8 tsp cayenne powder ¼ tsp pepper 1 tbsp chives, chopped 1 tbsp parsley, chopped ¼ tsp dried tarragon ¼ tsp salt\*

1 tbsp lemon juice

Materials: colander measuring cups and spoons blender or mini chopper mixing bowl and spoon spatula

#### **Directions:**

place beans in a colander and rinse thoroughly. blend beans and garlic in a blender or mini chopper, adding enough water until desired consistency. blend until silky smooth. Use a spatula to scrape mixture into a bowl. stir in the yogurt and remaining ingredients.

The University of New Hampshire Cooperative Extension is an equal opportunity educator and employer. University of New Hampshire, U.S. Department of Agriculture and N.H. counties cooperating. USDA is an equal opportunity provider and employer. The preparation of this document was financed under a contract with the State of New Hampshire, Department of Health and Human Services. This material was funded by USDA's Supplemental Nutrition Assistance Program – SNAP and USDA's EFNEP Program. 11/14 Revised 8/16