



Veggie Dips

Blue Cheese dip

Makes about 1 cup

Ingredients:

¼ 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 care about the amount of salt we consume?*

Hummus

Makes about 2 cups

Ingredients:

1 small clove of garlic, minced
1 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*
¼ 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
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.