

HEALTHY CELEBRATIONS



Healthy Dips and Sauces

Savory Dips

Tzatziki

Ingredients

- 3 cucumbers, English works best
- 1 tsp salt
- 2 cups plain yogurt, low fat
- 2-3 garlic cloves
- 1 tbsp vinegar
- ½ tsp lemon
- 2 tbsp olive oil
- ¼ tsp dried mint
- ¼ tsp dried dill



Instructions:

1. Peel cucumbers and scoop out seeds if desired. Grate cucumbers into a medium bowl, sprinkle salt over them, and mix well.
2. Allow to sit for about 30 minute. Squeeze out liquid that collects.
3. Mix cucumbers with remaining ingredients and chill in the refrigerator.

Serving Suggestions:

Serve with pita bread, whole wheat crackers, as a spread on sandwiches, or as a dip for fresh vegetables. It is also great on baked or boiled potatoes, yams, and with roasted vegetables.

Creamy Hummus

Ingredients

- 1 can chickpeas, rinsed and drained
- 2 tbsp Lemon juice
- 2-3 garlic cloves
- ½ tsp cumin
- ½ cup fresh parsley



Instructions

1. Place all ingredients into a food processor or blender.
2. Blend, adding a little water if necessary, to desired consistency. Add salt and pepper to taste.

Serving Suggestions:

Serve with baked tortillas, as a spread on sandwiches, as a dip for fresh vegetables, or on toasted pita bread.

Egg Dip for Vegetables

Ingredients

- 4 hard-boiled eggs, peeled
- 1/3 cup plain yogurt, low fat
- 2 tbsp light mayonnaise
- 2 tbsp green onion, chopped
- 2 tsp fresh dill, chopped (or use ¼ tsp dried)
- 2 tsp fresh basil, chopped (or use ¼ tsp dried)
- 1 tsp dijon mustard
- cayenne pepper and garlic powder to taste (optional)



Instructions

1. In a food processor or blender, puree eggs.
2. Blend in yogurt, mayonnaise, onion, dill, basil, and mustard.
3. Season with salt, cayenne pepper, and garlic powder.
4. Refrigerate covered. Can be stored up to 3 days.

Serving Suggestions:

Serve with pita bread, whole wheat crackers, as a spread on sandwiches, or as a dip for fresh vegetables

Dilled Sour Cream Dip

Ingredients

- 1 cup sour cream, light or fat free
- 6 tbsp low fat mayonnaise
- 4 tbsp fresh dill, minced (or use 2 tsp dried dill weed)
- 2 tbsp fresh parsley, minced
- 2 tbsp green onion, minced
- 2 tbsp chili suace (or use ½ tsp dried chili flakes)
- 1 tsp dijon mustard
- 2 cloved garlic finely minced
- ½ tsp worcestershire suace



Instructions

1. Combine all ingredients in a bowl. Season to taste with salt and pepper.
2. Refrigerate until well chilled.

Serving Suggestions:

Serve with roasted or boiled potatoes, whole wheat crackers like Ryvita, or with fresh vegetables.

Homemade Salsa

Ingredients

- 2 tomatoes, chopped
- ½ onion, chopped
- 1 green pepper, chopped
- 2 garlic cloves
- 6 jalapenos, fresh or from a jar
- 2 fresh ears of corn (or use 2 cans of corn)
- 1 cup black beans, canned, rinsed
- ¼ cup tomato paste, unsalted



Instructions

1. Chop the tomatoes, onion, green pepper, garlic cloves, and jalapenos into tiny pieces.
2. Combine the chopped vegetables in a bowl. Add the tomato paste and mix well.

Serving Suggestions:

Serve with crispy pita bread, crispy baguette, or baked tortillas. Or use as a filling for fresh corn tortillas and wraps. Also delicious sas a salad topper.

Cucumber Peach Salsa

Ingredients

- 2 cups firm, ripe peaches, diced and peeled
- 1 cup cucumber, diced (long English is best)
- ¼ cup red pepper, diced
- 1/3 fresh cilantro, chopped (use less if desired)
- 2 tbsp fresh lime juice
- 2 tbsp apricot preserves (or use chopped dried apricot)
- 1 tsp chopped canned chipotle chilies in adobo sauce (or use jalapeno peppers)



Instructions

1. Combine all ingredients in a bowl. Season salsa at the end with a little salt and pepper if needed.
2. Refrigerate until well chilled. Stir before serving.

Serving Suggestions:

Salsa can be served as an accompaniment for grilled chicken or fish, serve with crispy pitas or baked tortillas, or as a filling for a wrap.

Roasted Eggplant spread

Ingredients

- 1 medium eggplant
- 2 orange or red bell peppers, seeded
- 1 medium red onion, peeled
- 2 garlic cloves, minced
- 1 tbsp olive oil
- ½ tsp ground pepper
- ½ tsp salt
- 1 tbsp tomato paste



Instructions

1. Preheat oven to 400°F. Cut the eggplant, bell pepper, and onion into 1 inch cubes. Toss them in a large bowl with garlic, olive oil, salt and pepper. Spread them on a baking sheet and roast for 45 minutes, until the vegetables are lightly browned and softened. Toss once during cooking.
2. Allow to cool slightly.
3. Place the vegetables into a food processor, add the tomato paste, and pulse 3-4 times. The mixture should still have some texture left.

Serving Suggestions:

Serve with whole wheat French bread, whole wheat pita bread, use as a sandwich spread, or as a dip for vegetables.

Creamy Black Bean Dip

Ingredients

- 1 can black beans, rinsed and drained
- ½ cup salsa, mild or medium
- 3 tbsp fresh lime juice
- 2 tbsp canola oil
- 1 tbsp cilantro leaves, fresh, chopped
- 1 garlic clove
- ½ tsp ground cumin
- 1 container (12 oz.) sour cream, low fat
- 1 avocado, ripe, peeled, seeded and diced
- 1 tomato, medium
- 1 can olives, drained, and sliced
- 1 tbsp lime juice, fresh



Instructions

1. Combine beans, salsa, lime juice, canola oil, cilantro, garlic, and cumin in a blender or small food processor and puree until smooth.
2. Place the mixture in 9-inch pie pan and spread evenly using the back of a spoon or spatula. Top with the remaining ingredients in the order listed. Garnish dip with sprig of cilantro.
3. Tip: Adding the lime juice at the end prevents the avocado from discolouring.

Serving Suggestions:

Serve as a dip for fresh vegetables or roasted vegetables, use as sauce for wraps or fresh corn tortillas. Or use as stuffing for chicken breasts.

Sweet Dip

Apple Cinnamon Fruit Dip

Ingredients

- 1 cup plain Greek yogurt, low fat
- ½ cup unsweetened apple sauce
- 1 tbsp honey
- ½ tsp vanilla extract
- ½ tsp cinnamon



Instructions

1. Combine all ingredients in a small bowl and mix. Chill and serve.

Serving Suggestions:

Serve with sliced apples, strawberries, pineapples, melon, peaches or add a dollop on top of a fruit salad.

Poppy Seed Dip

Ingredients

- ½ cup plain yogurt, low fat
- 2 tsp lime juice
- 1 tbsp honey
- ½ tsp vanilla extract
- 1 tsp poppy seed



Instructions

1. Combine all ingredients in a small bowl and mix. Chill and serve.

Serving Suggestions:

Serve with fruit cubes. Drizzle it on fruit kabobs.

Nut Butter Fruit Dip

Ingredients

- 16.5 oz plain Greek yogurt, low fat
- ¼ cup peanut butter, almond butter, or legume butter
- 1 Tbsp honey (optional)
- ½ tsp vanilla extract



Instructions

1. Combine all ingredients in a small bowl and mix. Chill and serve.

Serving Suggestions:

Serve with sliced bananas, apples, and any other fruit in season.

Pumpkin Dip Recipe

Ingredients

- ½ cup cream cheese, low fat, softened
- 15 oz. canned or fresh pumpkin
- ½ cup plain Greek yogurt, low fat
- ¾ cup brown sugar
- 3 tsp pumpkin pie spice (or a mix of nutmeg and cinnamon)
- 1 tsp vanilla extract
- ½ ground ginger
- ¼ cup maple syrup (optional)



Instructions

1. In a large bowl beat the cream cheese and sugar. Gradually add the pumpkin, pie spice, vanilla, and ginger. Beat everything until smooth.
2. Chill and serve.

Serving Suggestions:

Serve with sliced apples and pears or it can be used as a spread on whole wheat toast.

Brownie Batter Dip

Ingredients

- 1 can chickpeas or black beans, drained, and washed
- 3 tbsp cocoa powder
- 2 tbsp milk
- ¼ cup nut butter, any of your choice (or ¼ cup canola oil)
- 3 tsp vanilla extract
- 1/8 tsp salt
- ½ cup maple syrup or brown sugar



Instructions

1. Combine all ingredients in a food processor and blend until very smooth.
2. Chill and serve.

Serving Suggestions:

Serve with strawberries, blackberries, or sliced fruit. Or use it as icing on a muffin.