Michele Sodon

DUNKIN' VEGGIES AND DIPS

DIPPING MAKES VEGGIES FUN—TRY THESE TASTY DIPS FOR DINNER, A SNACK, OR A PARTY!

PREP TIME:	5-10 MINUTES
COOK TIME:	NONE
YIELD:	4 SERVINGS
SERVING SIZE:	3 TOMATO SLICES, 1 C WATERMELON (OR 2 SKEWERS)

LOW-FAT BLUE CHEESE DIP:

¼ C	REDUCED-FAT BLUE CHEESE CRUMBLES
¼ C	FAT-FREE SOUR CREAM
2 TBSP	LIGHT MAYONNAISE

HONEY MUSTARD DIP:

¼ C	HONEY
2 TBSP	BROWN MUSTARD
2 TBSP	FAT-FREE EVAPORATED MILK
1 TBSP	FRESH PARSLEY, RINSED, DRIED, AND CHOPPED (OR 1 TSP DRIED)
1 TBSP	FRESH CHIVES, RINSED, DRIED, AND CHOPPED (OR 1 TSP DRIED)

TUSCAN WHITE BEAN DIP:

1 TBSP	OLIVE OIL
1 TBSP	GARLIC, CHOPPED (ABOUT 3 CLOVES)
2 TBSP	ONIONS, CHOPPED
1 C	LOW-SODIUM CANNELLINI BEANS, RINSED
¼ C	LOW-SODIUM CHICKEN BROTH
1 TBSP	FRESH PARSLEY, RINSED, DRIED, AND CHOPPED (OR 1 TSP DRIED)
1 TBSP	FRESH OREGANO, RINSED, DRIED, AND CHOPPED (OR ¼ TSP DRIED)

VEGETABLES:

5 C	ASSORTED RAW VEGETABLES, RINSED AND CUT INTO BITE-SIZED PIECES AS NEEDED—SUCH AS BABY CARROTS, CELERY STICKS, BROCCOLI FORETS, CAULIFLOWER FORETS, OR CHERRY TOMATOES

01 Combine ingredients for any (or all) of these three dips separately, and set aside (see note below).

02 Arrange vegetables on a platter, and serve with choice of dip.

NUTRITION PER SERVING:

low-fat blue cheese dip (1 Tbsp):

56	CALORIES
3 G	PROTEIN
3 G	CARBOHYDRATE
4 G	TOTAL FAT

honey mustard dip (1 Tbsp):

71	CALORIES
1 G	PROTEIN
19 G	CARBOHYDRATE
0 G	TOTAL FAT

tuscan white bean dip (1 Tbsp):

87	CALORIES
3 G	PROTEIN
10 G	CARBOHYDRATE
4 G	TOTAL FAT

vegetables 1½ C mixed baby carrots, celery sticks, broccoli florets, cauliflower florets, or cherry tomatoes):

42	CALORIES
2 G	PROTEIN
9 G	CARBOHYDRATE
0 G	TOTAL FAT

Note: Tuscan white bean dip requires a mixer, masher, or big spoon to make the dip smooth. If you can't find beans that are labeled "low sodium," compare the Nutrition Facts panels to find the beans with the lowest amount of sodium. Rinsing can help reduce sodium levels further.

✔ Children can help make the dips and rinse the vegetables.

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