

Nutrition Education

Take a Dip!

Many children (and adults) find raw vegetables more enjoyable when they have a dip to go with them. Dips can be a fun way to help children increase their vegetable intake, but unfortunately, many dips are high in fat and sodium. The dip recipes below offer a fresher alternative to store bought dips. These recipes are not only lower in fat and sodium, but make use of nutrient rich foods such as Greek yogurt, spinach and chickpeas. These dip recipes are also a great way to get young children involved in food preparation. Enjoy!

Veggie Herb Dip

1 ½ cups plain Greek yogurt
½ cup low fat mayonnaise
½ tsp. salt
2 tsp each dried dill, parsley and chives (use fresh if available, finely chop and increase to 1-2 T. each)

2 tsp. fresh lemon juice
½ tsp garlic powder
½ tsp paprika

Place ingredients in small mixing bowl; stir until evenly combined. Chill one hour. Serve with raw vegetables, whole grain crackers or use as a spread on sandwiches or in wraps.

Spinach Dip

1 c. baby spinach leaves
½ plain Greek yogurt
½ c. cooked chickpeas

1/8 tsp garlic powder
1/8 sweet onion, minced
1/8 tsp salt

Combine ingredients and process in food processor or powerful blender. Chill one hour. Serve with raw vegetables, whole grain crackers or use as a spread on sandwiches or in wraps.

Yogurt Ranch Dip

1 c. low fat plain yogurt
½ c. low fat mayonnaise
¼ tsp. dried parsley
1/8 tsp garlic powder

1/8 tsp sea salt
¼ tsp black pepper
2 T. fresh chives, finely chopped

Place ingredients in small mixing bowl; stir until evenly combined. Chill one hour. Serve with raw vegetables, whole grain crackers or use as a spread on sandwiches or in wraps.

Soy Ranch Dip (Dairy Free)

12 ounce package silken tofu
2 tsp fresh lemon juice
¼ tsp salt
1/8 tsp black pepper

1 tsp dried parsley
1 tsp onion powder
¼ tsp garlic powder

Combine ingredients and process in food processor or powerful blender. Chill one hour. Serve with raw vegetables, whole grain crackers or use as a spread on sandwiches or in wraps.

Recipes from *The Early Sprouts Cookbook* by Karrie Kalich,
Lynn Arnold and Carole Russell

