

Two Dips and Five Dippers

Looking for a quick and easy appetizer? Try making these two dips at home and serving them with a variety of vegetables and whole grain pitas. A healthy dish that is sure to impress your guests!



Ingredients:

Dip 1: Tzatziki

3 medium	Cucumbers	3 medium
½ tsp	Salt	2 mL
2 cups	Plain 1% M.F. yogurt	500 mL
2-3 cloves	Garlic, minced	2-3 cloves
1 Tbsp	Lemon juice	15 mL
¼ tsp	Dried mint	1 mL
¼ tsp	Dried dill	1 mL
¼ tsp	Pepper	1 mL

Dip 2: Italian Bean Dip

1 – 14 ounce can	Cannellini beans, drained and rinsed	1 – 398 mL can
2 cloves	Garlic	2 cloves
2 Tbsp	Fresh lemon juice	30 mL
1	Zest of one lemon	1
2 Tbsp	Olive oil	30 mL
¼ cup	Fresh Italian parsley leaves (loosely packed)	60 mL
¼	Freshly ground black pepper	1 mL

Five Dippers

8 small	Whole wheat pita bread, cut into wedges	8 small
2	Red bell peppers, cut into strips	2
12	Baby carrots, cut in half lengthwise	12
8 stalks	Fresh celery, cut into strips	8 stalks
1 medium	English cucumber, cut into spears	1 medium

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Directions:

Dip 1: Tzatziki

1. Wash the cucumbers and cut them in half length-wise. With a spoon, scrape the seeds out of each half and discard.
2. Grate cucumbers and mix with salt in a strainer over a bowl. Let sit for 30 minutes.
3. Press on cucumber with the back of a large spoon to squeeze out liquid. Discard the liquid.
4. In a bowl, mix the cucumber with the rest of the ingredients.
5. Cover the bowl and chill until served.

Dip 2: Italian Bean Dip

1. Place the beans, garlic, lemon juice, lemon zest, olive oil and parsley in food processor bowl.
2. Pulse until the mixture is smooth. Add a few drops of water if mixture is dry.
3. Season with pepper.
4. Put in bowl, cover and chill until served.

Five Dippers

1. Arrange five dippers on serving dish. Serve with two dips.

Makes 12 servings (262 g)

Source: developed by Terry B. for Apple E-Parenting newsletter, Alberta Health Services.

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Nutrition Facts

Per 1/12 of recipe (262 g)

Amount	% Daily Value
Calories 160	
Fat 4 g	6 %
Saturated 1 g + Trans 0 g	5 %
Cholesterol 0 mg	
Sodium 270 mg	11 %
Carbohydrate 25 g	8 %
Fibre 5 g	20 %
Sugars 7 g	
Protein 7 g	
Vitamin A	75 %
Vitamin C	80 %
Calcium	10 %
Iron	15 %

Nutrient Claim	Amount per serving
High in fibre	5 g
Low in saturated fat	1 g
High in potassium	388 mg
Source of calcium	128 mg
High in magnesium	48 mg
Source of folate	22 mcg
Source of iron	1.8 mg

Food Group	Food Guide servings per recipe serving
Vegetables and Fruit	2 ½
Grain Products	1 ¼
Milk and Alternatives	¼
Meat and Alternatives	¼

This is a Choose Most Often recipe (Mixed Dishes – Vegetarian) according to the Alberta Nutrition Guidelines.

Special Equipment Required:

- Blender or Food Processor