

NEW WAVE DIPPERS

Chef Brad Everett, Kirkland, WA



ingredients:

6 oz. nonfat yogurt
2 oz. apple juice
2 oz. peanut butter
1 tbsp honey
1 tsp vanilla

dippers

Apples
Celery
Carrots

process:

Using an electric mixer or food processor mix nonfat yogurt, apple juice, peanut butter, honey and vanilla until nicely blended

Peel and cut apples and carrots. Chop celery into sticks

Serve dip with dippers for fun, refreshing treat.

chef's tip: *Replace mayonnaise and salad dressings with yogurt.*



CURRIED SUMMER SQUASH HUMMUS DIP

Chef Michael McGreal CEC, CCE, CHE, FMP,
CHA, MCFE
Joliet, IL

4 – (4 O.Z.) SERVINGS



ingredients:

1 zucchini squash
1 yellow summer squash
1/3 cup garbanzo beans
1/3 cup Tahini
2 1/2 tbsp lemon juice
2 garlic cloves
1 tsp yellow curry powder
1/4 tsp paprika
1/2 cup olive oil
1/2 tsp Salt

dippers:

1 cup broccoli florets
1 cup carrot sticks
1 cup celery sticks
1 cup cauliflower florets
24 whole multi-grain crackers

process:

Wash and cut zucchini and squash into large pieces. Place garbanzo beans, tahini, lemon juice and garlic in food processor or blender and puree until smooth. Add zucchini, yellow squash, curry and paprika to blender and again puree on high until very smooth. On a medium speed in a blender or on pulse in a processor add the salt and the olive oil to incorporate.

Serve with cut veggies or whole multi grain crackers.

recipe variation:

Sun Dried Tomato, Goat Cheese and Zucchini Squash Hummus Dip

6 servings

1/3 cup Sundried Tomatoes, chopped

1/2 cup Goat Cheese

process:

Same as above and add sundried tomatoes to blender and puree with other ingredients until very smooth. On a medium speed in blender or on pulse in a processor add the goat cheese, salt and the olive oil to incorporate.

