

## Dips

### Veggie Dip

1 cup plain yogurt  
½ teaspoon garlic powder or 1 clove garlic, minced  
1 green onion,  
sliced  
1 teaspoon of your favourite dried herbs such as dill, oregano, basil  
a couple shakes of salt and pepper

In a small bowl, combine all the ingredients. Cover with plastic wrap or pour the dip into a container and cover with a lid. Store in the fridge for up to 4 days.  
Serve with fresh vegetables.

Makes 1 cup (enough for 4 servings)

### Spinach Dip

1 package frozen chopped spinach, thawed and drained  
2 cups plain Greek yogurt  
½ cup green onion, minced  
Few squeezes of lemon juice  
2 cloves garlic, peeled and minced  
1 ½ teaspoon salt  
1 teaspoon onion powder  
½ teaspoon pepper  
½ teaspoon dried herbs such as dill, Italian seasoning, parsley

Drain the spinach and squeeze out as much water as possible. Chop finely. Put in a mixing bowl.

Add remaining ingredients to the bowl and stir well.

Refrigerate to blend flavours if you have time.

Serve with assorted vegetables and bread.

Makes 10-12 servings

Variations:

For some crunch, add one of the following:

- 1 can drained and chopped water chestnuts
- 2 ribs celery, finely chopped
- 1 carrot, finely chopped
- Add ½ cup grated cheese

## **Salmon Dip**

1 can salmon, drained  
¼ to ½ cup plain Greek yogurt  
¼ cup green onion, chives or red onion, minced  
1 tablespoon lemon juice  
½ teaspoon dill (experiment with different herbs and spices: oregano, parsley, cilantro, curry)  
salt and pepper to taste

In a medium bowl, flake the salmon. If you like a smooth spread, mash the salmon well.  
Add all the other ingredients and stir well.  
Refrigerate for 30 minutes for flavours to blend.  
Serve with vegetables and crackers.

Makes 6 servings

## **Hummus**

2 cups canned or cooked chickpeas, drained and liquid reserved  
½ cup tahini  
¼ cup olive oil  
2 cloves garlic, minced  
Juice of 1 lemon  
1 teaspoon ground cumin  
Salt, pepper to taste

Put everything in a food processor and begin to process. Gradually add reserved chickpea liquid or water if mixture seems thick.  
Taste and adjust seasoning.  
Serve with pita and vegetables.

Makes 8 servings

Use it in a sandwich:

- spread in a pita, add shredded lettuce, cucumber and tomato
- use in a tortilla roll up with chopped vegetables

Make it with different beans and lentils:

- white beans
- black beans

Change up the flavour:

- add roasted red peppers
- add herbs such as parsley and cilantro
- try different spices: paprika, chili powder, sriracha
- add cooked spinach

## **Guacamole**

3 avocados  
1 lime  
½ medium or 1 small red onion  
1 clove garlic  
1 tomato  
1 small can black beans  
1 cup corn  
¼ cup cilantro

Cut avocados in half and remove the pit. Scoop the flesh into a bowl.  
Squeeze lime juice onto the avocado and mash.  
Meanwhile, chop the red onion and garlic finely. Add to the bowl.  
Chop the tomato and add to the bowl.  
Open the can of black beans and drain. Rinse and drain well. Add to the bowl.  
Add the rest of the ingredients and stir to combine.  
Serve with pita, veggie sticks and tortilla chips.

Makes 12 servings