**Ranch Dip** – Add ranch seasoning packet to Fat Free Greek Yogurt (instead of sour cream). Enjoy with carrots, celery, cucumber slices, broccoli, etc.

**Avocado Veggie Dip**

**Ingredients:**
- 1 ripe avocado, peeled, sliced
- 1 clove garlic, minced
- 2 sprigs parsley, chopped
- ¼ c green onion, sliced
- ¼ c red bell pepper, chopped
- 1/4 c diced cucumber
- Juice of ½ lemon
- Dash salt and pepper

**Directions:**
1. In a small bowl, mash avocado until smooth but lumpy.
2. Stir in all remaining ingredients.
3. Serve immediately.

Makes 4 servings

**Summer Fruit Skewers with Strawberry Dip**

**Ingredients:**
**Dip**
- 1 cup sliced fresh strawberries
- 1 cup cubed firm tofu, drained
- 3 tablespoons orange juice
- 1 teaspoon vanilla extract

- 8 large whole fresh strawberries
- 8 medium chunks of fresh pineapple
- 8 medium chunks of watermelon
- 8 medium chunks of honeydew, cantaloupe, or Crenshaw melon
- 1 large nectarine, cut into 8 wedges
- 2 large firm plums, quartered

**Instructions:**
1. To make the dip: Put the sliced strawberries, tofu, orange juice, and vanilla into a blender or food processor and process until smooth. Pour into a small serving dish and refrigerate until serving time.
2. To assemble the skewers: Thread 1 strawberry, 1 chunk of pineapple, 1 chunk of watermelon, 1 chunk of melon, 1 wedge of nectarine, and 1 wedge of plum onto each skewer and place on a platter.
3. Serve the skewers with the strawberry dip.

Variation: Substitute sliced peaches for the sliced strawberries to make peach dip.

Makes 8 servings
Hummus

Home-style hummus starring nutrient-rich chickpeas is a staple of the healthy, plant-based kitchen. Providing a rich, tasty source of plant protein, hummus offers unlimited versatility: use it as an appetizer dip with whole grain pita bread and vegetables, spread it on sandwiches, dollop it over salads and grains.

Makes 2 cups (8 servings)

Ingredients:

One 15-ounce can chickpeas (garbanzo beans), no salt added, with liquid
2 garlic cloves
2 tablespoons lemon juice
2 tablespoons tahini (sesame seed paste)
1/4 teaspoon ground black pepper
1 teaspoon extra virgin olive oil
Pinch of paprika

Instructions:

1. Drain the chickpeas, reserving the liquid. Put the beans into a blender or food processor.
2. Add garlic, lemon juice, tahini, black pepper, and olive oil, as well as about half of the reserved bean liquid.
3. Puree the bean mixture, adding additional bean liquid as necessary to produce a smooth, very thick dip.
4. Pour the bean dip into a serving dish and garnish with paprika. If not serving immediately, store in an airtight container in the refrigerator for up to 3 days.

Note: To serve hummus as an appetizer, place a small serving dish of garnished hummus in the center of a platter. Arrange triangles of whole wheat pita bread and pieces of fresh raw vegetables, such as carrots, celery, bell peppers, mushrooms, asparagus, broccoli, and snow peas, on the platter.

Nutrition Information:
Per serving (1/4 cup):
Calories: 89
Carbohydrate: 13 g
Fiber: 3 g
Protein: 3 g
Total fat: 3 g
Saturated fat: 0 g
Sodium: 160 mg

Star nutrients: Folate (10% DV), manganese (21% DV)