



"Getting kids excited about wholesome, healthy food"

Dip It!

Menu

Roasted Beet Hummus
Mediterranean Feta Cheese Dip
Spinach Dip
Homemade Greek Yogurt Ranch Sauce
Strawberry Salsa

Roasted Beet Hummus

Ingredients

1 small roasted beet
1 15 oz. can (1 3/4 cup) cooked chickpeas, mostly drained
zest of one large lemon
juice of half a large lemon
healthy pinch salt and black pepper
2 large cloves garlic, minced
2 heaping tbsp tahini
1/4 cup extra virgin olive oil

Directions

Roast beet in the oven at 350 until you can poke it with a knife and it feels very soft, about 45 minutes. Once your beet is cooled and peeled, quarter it and place it in your food processor. Blend until only small bits remain. Add remaining ingredients except for olive oil and blend until smooth. Drizzle in olive oil as the hummus is mixing. Taste and adjust seasonings as needed, adding more salt, lemon juice or olive oil if needed. If it's too thick, add a bit of water.

Mediterranean Feta Cheese Dip

Ingredients

8-10 oz feta cheese, crumbled
3 oz cream cheese, softened at room temperature
olive oil
1 tsp honey
1/2 English cucumber, chopped
1/2 bell pepper, chopped
3/4 cup sun-dried tomato, chopped

10 fresh basil leaves, torn
1½ tbsp chopped chives

Directions

Place the feta, cream cheese, 1 tbsp olive oil and the honey in a large mixing bowl. With the back of a spoon, press until the cheeses are softened and well-combined. Add the remaining ingredients, 2 tbsp olive oil and gently combine. Transfer the feta cheese dip into a serving bowl. Serve with your favorite bread or pita chips. Enjoy!

Spinach Dip (Vegan)

Ingredients

400 grams soft tofu
¾ cup sunflower seeds
¼ cup nutritional yeast
2 teaspoons apple cider vinegar
½ tsp salt
½ lb spinach
1 tablespoon olive oil
1 small onion diced
2 cloves garlic
½ cup water chestnuts (diced)
smoked paprika

Directions

Add the tofu, sunflower seeds, nutritional yeast, vinegar, and salt to the bowl of a high-speed blender or food processor and blend until it forms a smooth puree. If the blender won't spin, try adding a little water (or coconut milk) at a time and use the tamper to help it along. The mixture should have the consistency of pudding. Wash the spinach under running water while agitating it with your fingers until the water is no longer muddy. Then, stop the water and give any remaining grit a chance to settle to the bottom of the water. Lift the floating spinach off the top of the water, leaving any remaining sand at the bottom of the bowl.

Bring a large pot of water to a boil and add the spinach. Boil until the spinach is tender. 1-2 minutes. Drain the spinach, rinse with cold water and then squeeze the excess water out of the spinach. Chop the spinach into small pieces. Add the oil, onions and garlic to a frying pan and sauté over medium-high heat until the onions are a caramel brown color and have reduced to about 1/4 of their original volume. Add the water chestnuts and spinach and, sauté to heat through. Turn down the heat and add the tofu and cashew puree. Stir constantly until the spinach dip is heated through. Adjust salt to taste. Drizzle with a little olive oil and then dust with smoked paprika. Serve with vegetables and bread.

Homemade Greek Yogurt Ranch Dip

Ingredients

1 tablespoon dried parsley
2 teaspoons garlic powder
2 teaspoons onion powder
¼ teaspoons ground black pepper
1 teaspoon salt
1 tablespoon fresh chives
1 cup nonfat plain greek yogurt
1 teaspoon Dijon mustard
1 teaspoon lemon juice

Directions

Place the spices (dried parsley - fresh chives) into a food processor and pulse a few times, until the spices have been ground up a bit. Scrape down the sides. Place the remaining ingredients - greek yogurt, Dijon, and lemon juice - into the food processor and pulse until the ingredients have been fully incorporated. Scrape down the sides, if needed, and pulse again. Transfer into a sealable container and place in the fridge until you're ready to use it!

Strawberry Salsa

Ingredients

12 strawberries, hulled and diced
1 lime, juiced and zested
1 tbsp honey or sugar
2 tbsp chopped cilantro
2 tbsp chopped mint
dash or two of hot sauce

Directions

Toss everything together. Season with the hot sauce, taste and add a touch more if you like. The trick is to make the spiciness noticeable but not dominant, a way to balance the sweet and sour flavours of the salsa.