

## **HEALTHY DIPS AND DRESSINGS**

### **Avocado Salsa**

1/2 cup cooked or canned corn niblets  
1/4 cup olives (your choice) chopped  
1/2 small red bell pepper, chopped  
1/2 small onion, chopped  
1 clove garlic, minced  
1 Tbsp. olive oil  
1 Tbsp. lemon juice  
1/2 tsp. dried oregano  
1/8 tsp pepper  
1 avocado, diced

In a large bowl, combine the corn, olives, red pepper and onion. In a small bowl, whisk together the garlic, olive oil, lemon juice, oregano, salt, and pepper. Pour the dressing over the salsa. Stir in the avocado just before serving.

### **Black Bean Corn Salsa**

2 cups whole kernel corn  
1/2 cup canned black beans, rinsed and drained  
1 red bell pepper, seeded and diced  
2 Tbsp. red wine vinegar  
1 tsp. cumin

Mix all ingredients well. Season to taste with salt and black pepper.

### **Cashew Cream Cheese**

1 cup cashews  
1 cup filtered or distilled water  
2 tbsp herbs of choice  
2 tbsp dill, fresh

Soak cashews in water overnight. Pour half of the water into the blender and slowly add cashews. Season with herbs. Chill for a few hours to thicken.

Servings 5-8

### **Curry Dressing**

3/4 cups yogurt  
1/3 cup citrus juice  
1 Tbsp. honey  
2 tsp. curry powder

2 drops hot sauce  
1/8 tsp. salt  
1/8 tsp. pepper

Servings: 6

### **Dill Weed Dip**

2/3 cup sour cream  
1/3 cup plain yogurt  
1 tsp. dill weed  
1 tsp. parsley  
1 tsp. salt  
Dash of garlic powder

Mix ingredients and chill. Serve with a raw vegetable tray for dipping.

### **Dulse Garlic Dip**

3/4 cup sesame tahini  
1 cup water  
1-3 tsp. Dulse/Garlic Sea Seasoning  
Lemon juice or vinegar

Slowly stir water into sesame tahini until mix becomes creamy and white. Add Dulse/Garlic Sea Seasoning to mixture to taste. Add more water for a delicious sauce or even more water plus lemon juice or vinegar for a tasty salad dressing.

### **Garlic Chickpea Dip**

1 can (approx. 400g) of cooked chick peas (or you can soak overnight and cook 1 cup of dried chick peas)  
2 Tbsp. olive oil  
1-2 cloves of fresh garlic  
2 Tbsp. tahini (sesame paste)  
Juice of 1 lemon  
Water to blend  
Salt and pepper to taste

Place all ingredients in a food processor and blend until fairly smooth—you may need to keep adding water bit by bit until you get the consistency you want.

### **Honey, Dijon Mustard & Yogurt Dip**

2/3 cup plain organic yogurt  
1/4 cup honey  
2 tsp. Dijon mustard

Combine all ingredients in a bowl and serve with your favorite veggies.

### **Muhammara**

1 6-inch pita bread  
1 cup chopped walnuts  
2 1/2 Tbsp. hot pepper sauce  
1 1/2 tablespoons hot pepper sauce  
1 1/2 tablespoons pomegranate molasses or balsamic vinegar

1 garlic clove  
1/2 tsp. ground cumin  
2/3 cup extra virgin olive oil  
1 tsp. kosher salt

Preheat oven to 325°. Separate the pita into 2 halves and place them in the oven on a baking sheet. Toast for 10 minutes or until golden. Set aside.  
Spread the walnuts in a single layer on the same baking sheet and toast for 5 minutes, or until golden brown. Transfer walnuts to a large bowl.

In a food processor, pulse one of the pita halves until finely chopped but not pasty. Transfer to bowl with the walnuts. Process the remaining pita, then add the red pepper sauce, pomegranate molasses or vinegar, garlic, and cumin to the processor and puree until smooth.

With the machine running, slowly add the olive oil through the fee tube and process until well-incorporated. Transfer the pita mixture to the bowl with the walnuts and stir in the salt.

Serve the muhammara at room temperature with things to dip into it.

### **Pico de Gallo**

6 tomatoes, diced  
½ white onion, diced  
2 Tbsp. lemon (or lime) juice  
1 green pepper  
Handful of fresh cilantro, chopped  
1 jalapeno, diced  
Hot sauce to taste  
Salt and pepper to taste

Mix it all together and let sit for 30 minutes.

### **Raita**

*Good for steamed veggies, salads, rice, with curry*

1 tomato—diced finely  
¼ small red onion—diced finely  
Handful of cilantro—diced finely  
½ tsp. salt  
1 cup yogurt  
1 tsp. cumin—to taste

### **Roasted Garlic Pepper Dip**

2 large heads garlic, tops removed  
1 red pepper or ½ cup jarred roasted pepper, rinsed and drained  
1 cup light sour cream  
¾ tsp. salt  
¼ tsp. freshly ground pepper

Preheat oven to 350°. Roast garlic in small baking dish 45 minutes or until tender. Transfer to wire rack to cool. Meanwhile, if using fresh red pepper, broil 5” from heat

source for 20 minutes, turning every 5 minutes, until skin is blistered and browned. Cover and cool.

Servings: 6

### **Rosemary Eggplant Dip**

1 small eggplant  
2 cloves garlic  
½ cup sour cream  
Salt  
Freshly ground pepper  
1 tablespoon chopped fresh rosemary

Bake the eggplant in a 425° degree oven until the skin is charred and the flesh is tender, turning occasionally (about 40 minutes). The time will vary greatly depending upon the size and ripeness of the eggplant. Cut the cooked eggplant in half and scoop out the flesh. Cool the eggplant and place in a food processor with the rest of the ingredients and process until smooth. Chill for at least 2 hours.

Serves 4.

### **Rosemary Feta Cheese Dip**

1 cup plain yogurt  
1 cup feta cheese, crumbled  
2 sprigs fresh rosemary, coarsely chopped  
1-2 cloves of garlic, finely chopped

Place all ingredients in food processor or blender and blend until smooth. Add a small amount of milk if mixture is too thick to blend. Serve as a dip with fresh vegetable.

### **Soy Seasoning**

*Good on steamed veggies, salads*

½ cup Bragg's (available at Country Life Health Food)  
½ cup flax/Udo/hemp oil (available at Country Health Food)  
½ lemon—squeezed

### **Tofu Dill Dip**

1 cucumber—peeled and chopped  
1 pound soft tofu  
1 tsp. dill weed  
2 tsp. lemon juice  
¼ cup chopped fresh parsley  
½ tsp. garlic powder  
Salt—to taste

### **Tzatziki**

½ medium long English cucumber  
½ cup organic yogurt  
Lots of garlic  
Salt

Stir ingredients in a bowl & let sit for a while.

**Yogurt Dill Dip**

1 cup (8 ounces) plain low-fat yogurt

1 Tbsp. chopped fresh dill

½ tsp. salt

¼ tsp. freshly ground pepper

Combine all ingredients in a small bowl. Cover and chill at least 2 hours before serving.