



**Dippin' for
Health!**

Kids love to eat with their hands – so let them! Dips make for a great snack and gives you the opportunity to add (or even hide) healthy ingredients in to your child’s diet. Dips are kid friendly to make, which helps get them engaged in the kitchen and let’s them make choices for their snacks.

Tips to whip up your own Dip

Pick your base!

- Beans: Beans can be blended for a smooth dip, or smashed with a fork for a chunky dip. Canned beans that are rinsed create a great base that is low in calories, fat, and a good source of protein, and fiber.
- Low Fat or Non Fat Yogurt: Yogurts are great bases for creamy dips. They can be sweet or savory, and are high in protein and low in fat.
- Avocado: Avocados are full of great nutrients, healthy fats and fiber. Avocados can be mashed for creamy dips or chopped for chunky dips.
- Nuts or Seeds: Buying nuts and seeds in bulk can save money and give you a sweet creamy dip for fruit or vegetables
- Fresh Fruits and Vegetables: Chopped fruits and vegetables can be tossed together to create a chunky dip that can use fresh produce and add more color to your diet.

Add Flavors!

- Picking seasonal fruits, vegetables, and spices allow you to customize your dip to your favorite flavors. Having your child help make the dips with their favorite flavors can allow you to be creative in the kitchen.
 - o Fruits and Veggies: Adding chopped fresh or roasted fruits and vegetables to your dips can add flavor and texture to your dip.
 - o Herbs and Spices: Fresh and dried herbs, spices, fruit juice, vinegars, soy sauce, hot sauce, sweeteners, etc can add tons of flavor without adding extra calories to your dip.

Pick your Dipper!

- Skip the typical chips or cookies and pick healthier choices for your dippers.
 - o Fresh Vegetables: sliced vegetables like cucumber, zucchini, bell peppers, jicama, radish, carrots, celery, cherry tomatoes, etc
 - o Fresh Fruits: sliced fruits like apples, bananas, strawberries, and grapes. Fruit can also be put on a wooden skewer (age appropriate) and can help dip fruit
 - o Whole Grain snacks: whole grain crackers, pretzels, baked chips

Talking points for parents

- Kids get excited to eat raw fruits and vegetables when they are paired with a tasty dip

- Putting dips in the blender will create a smoother texture, which is good for kids who might be picky about texture
- Layered dips give kids the option to pick the dip they want in every single bite.
- Dips also double as spreads to add healthy low calorie flavor to sandwiches, wraps, and salads.

Sweet Recipes:

- Sweet Vanilla Fruit Dip
- Cinnamon Dip
- Frozen Yogurt Fruit Bites
- DIY Apple Pizzas

Vanilla fruit dip

Ingredients:

- 1 cup (5.3oz) non fat Vanilla yogurt
- 1 Tbs honey

Instructions:

1. In a bowl, combine the yogurt and honey. Mix well and set aside.

Cinnamon Dip

Ingredients:

- 1 c non fat Vanilla Greek Yogurt
- 1/3 c reduced fat cream cheese, room temperature
- 2 T packed dark brown sugar
- 1 t vanilla extract
- 1 t ground cinnamon
- 1/2 t ground nutmeg
- 2 apples, cored, sliced

Instructions:

1. Whip yogurt with cream cheese until smooth.
2. Stir in brown sugar, vanilla, cinnamon and nutmeg until smooth. Serve with sliced apples.

NUTRITION INFORMATION

Calories 150, Calories from Fat 30, Total Fat 3.5g, Saturated Fat 2g, Trans Fat 0g, Cholesterol 10mg, Sodium 75mg, Total Carbohydrate 23g, Dietary Fiber 3g, Sugars 20g, Protein 7g.*

Frozen yogurt bites

Ingredients:

- 1 cup (5.3oz) non fat yogurt
- 1/4 cup bite size fruit pieces
- 1/4 cup non fat milk

Instructions:

1. Mix all ingredients in a bowl and fill a fun mold or ice cube tray. Freeze and enjoy as a yummy frozen yogurt snack.

Nutrition Facts per serving

Calories 60, Protein 8g, Total Fat 0g, Saturated Fat 0.5g, Cholesterol less than 5mg, Sodium 40mg, Total Carbohydrates 10g, Sugars 9g

Savory Recipes:

- Bean Dip
- Greek Yogurt Ranch Dip
- Greek Yogurt Taco Dip
- Avocado and Pea Dip

Southwest Bean Dip

INGREDIENTS:

- 2 cans of your favorite bean (black bean, kidney bean, chickpea, etc)
- ½ cup fresh cilantro (omit if you do not like)
- 1 cup tomatoes, diced (canned and drained, or fresh)
- ½ red onion, diced
- 2 cloves of garlic, minced
- 1 teaspoon cumin
- ½ teaspoon cayenne pepper (adjust to taste)
- Salt and Pepper to taste

INSTRUCTIONS:

1. Open and rinse canned beans.
2. Combine all the beans, tomatoes, garlic, and spices in a food processor. Pulse until combined.
3. In a large mixing bowl, pour the pureed beans into the bowl with the remaining ingredients. Stir with a spoon until mixed.
4. Adjust seasonings to taste.

Greek Yogurt Ranch Dip

Ranch Seasoning:

Ingredients:

- ¼ cup dried Parsley leaf
- 1 Tablespoon Dill leaf
- 1 tablespoon Garlic Powder
- 1 tablespoon Onion Powder
- ½ teaspoon ground black pepper

Instructions

1. Mix all ingredients together in jar or food processor.

Ranch Dip:

Ingredients:

- 1 cup plain non-fat Greek yogurt or non-fat plain yogurt
- 1 tbsp ranch seasoning
- Skim Milk (optional)

Instructions:

1. Mix 1 tablespoon of ranch seasoning with yogurt.
2. Can add skim milk to create the consistency you like, or make it into a pourable dressing.

NUTRITION INFORMATION PER 2 TBSP

Calories 60, Calories from Fat 20, Total Fat 2.5g, Saturated Fat 1.5g, Trans Fat 0g, Cholesterol 5mg, Sodium 410mg, Total Carbohydrate 4g, Dietary Fiber 0g, Sugars 3g, Protein 5g.

Greek Yogurt Taco Dip

Ingredients:

- 1 Cup plain non-fat Greek yogurt or non-fat plain yogurt
- 2 tbsp taco seasoning
- Skim milk (optional)

Instructions:

1. Mix 2 tablespoons of taco seasoning with yogurt.
2. Can add skim milk to create the consistency you like, or make it into a pourable dressing.

NUTRITION INFORMATION PER 2 TBSP

Calories 60, Calories from Fat 20, Total Fat 2.5g, Saturated Fat 1.5g, Trans Fat 0g, Cholesterol 5mg, Sodium 410mg, Total Carbohydrate 4g, Dietary Fiber 0g, Sugars 3g, Protein 5g.

Avocado and Pea Dip

Ingredients

- 1 -1/2 cups of green peas, fresh or frozen, cooked and cooled
- 1 avocado
- 1 clove of garlic
- 1 tablespoon lime juice

Instructions:

1. Place all the ingredients into a food processor and mix to the consistency you prefer.

Yields: 8 servings | Serving Size: 2 Tbsp | Calories: 80 | Total Fat: 3.9 g | Saturated Fat: 0.6 g | Trans Fat: 0 g | Cholesterol: 0 mg | Sodium: 4 mg | Carbohydrates: 9.3 g | Dietary Fiber: 4.1 g | Sugars: 2.9 g | Protein: 3.1 g

Healthy 6 Layer Dip

Ingredients:

- 1 cup Southwestern Bean Dip
- 1 cup Greek Yogurt Taco Dip
- 1 cup Avocado Pea Dip
- ½ cup Shredded Lettuce
- ½ cup Shredded Tomatoes
- ½ cup Chopped Green Onions

Instructions:

1. Get a large platter to layer your dip.
2. Spread the Southwestern bean dip on the bottom of the platter in an even layer
3. Spread the Greek yogurt taco dip on top of the Southwestern bean dip
4. Spread the avocado pea dip on top of the Greek yogurt taco dip.
5. Sprinkle the lettuce, shredded tomatoes, and chopped green onions on top

New Fresh Ingredients:

Jicama

Jicama is an exciting new ingredient. It can be eaten raw or cooked, and is frequently described as a savory apple.

Tips for using jicama

1. You must peel jicama – but do NOT use a vegetable peeler. Using your chef's knife, you can easily remove this thick peel.
 - a. Cut a thin slice from the top and bottom of the jicama to create a flat surface on each end. Rest the jicama on its broadest cut end. Working from top to bottom and following the curve of the jicama, slide your knife under the skin to peel it. You can use a vegetable peeler to peel any tough, fibrous underlying flesh that remains.
2. Now that it's peeled, how do you cut it?
 - a. You can cut the jicama in to thin slices, sticks, or even dice the jicama.
3. Now that it's cut, what do I do with it?
 - a. Jicama sticks make great dippers for healthy dips; you can leave them plain or season them with spices that match your dip.
 - b. You can use it in your dip! It adds great crunch to a fresh vegetable salsa, vegetable slaw, and salads.
 - c. You can roast it to make healthy chips or fries! Toss jicama sticks or jicama slices lightly with olive oil and roast at 200 for 1 to 1.5 hours. They turn crispy and crunchy and are a great alternative to chips and fries.

Broccoli Stems

When buying fresh broccoli we typically only use the top half of the bunch, throwing away half of the broccoli in the stems. What a waste! Broccoli stems can be trimmed down and sliced, making nice coins – perfect for dipping in to healthy ranch!

Tips for using broccoli stems:

1. Cut the stem away from the head of florets, and cut about ½ inch from the dried base of the stem.
2. Use a vegetable peeler to remove the tough fibrous outer layer of the stem.
3. The stem is now ready for you to slice in to coins for chips, or sticks for dipping.

Mango

Mango can be a challenging fruit, but the vibrantly orange flesh is worth the effort.

Tips for preparing Mango:

1. How do I select the perfect mango?
 - a. Don't focus on the color, instead squeeze the mango gently. A ripe mango will give slightly. Ripe mangos will have a slightly fruity aroma around their stem ends, so sniffing your mango in the store is definitely allowed. Remember: mangos will continue to ripen after being picked, similar to peaches and avocados.
2. Easy and safe ways to cut a mango –
 - a. First – cut a small piece off the bottom of the mango to give you a stable base. Stand the mango up on the cut end, place your knife about 1/4" from the widest center line and cut down the mango. Flip the mango around and repeat the cut on the other side.
 - b. Now we have mango "cheeks" and the middle piece, which contains the seed.
 - c. You can now use a large spoon to remove the fruit from the skin, to let you create whatever shape of mango you would like. You can also slice the mango in the skin (being careful not to cut through the skin) and use a large spoon to remove the fruit or press the back side of the skin to turn it inside out and remove the fruit this way.