



Dip into Dips

How to make homemade dips for veggies

Introduction

Making your own dips can be easy and fun! Plus then you can control all of the ingredients in them making the just what you want them to be! Putting out a tray of cut up veggies plus a delicious dip or two will get you and your family eating more veggies, for sure!

I have organized the info into three categories: Dairy-based dips, Hummus dips, and an Avocado-based dip. Store all of the dips in the refrigerator for a up to a week.

Tools Needed

- Bowls, measuring tools, spoons, etc.
- Food processor

Dairy dips:

1. greek yogurt based

Greek Yogurt dip with nuts

- 16 oz Greek yogurt (lowfat is best, nonfat works too)
- 1/2 cup walnuts, plus more for garnish
- 3 tbsp fresh chopped dill
- 1 tsp minced fresh garlic
- Salt and pepper to taste

Blend all ingredients together.

Siracha Greek Yogurt dip

- 1 cup plain Greek yogurt
- 1 tablespoon Sriracha hot sauce (or to your preference)
- 1/2 teaspoon garlic powder
- Salt and pepper

Blend all ingredients together

Cilantro Greek Yogurt dip

- 1 ½ cups plain whole-milk Greek-style yogurt
- ¼ cup cilantro, finely chopped
- 2 tablespoons freshly squeezed lime juice
- 2 cloves garlic, finely chopped
- ½ teaspoon cumin
- ¼ teaspoon salt
- ¼ teaspoon ground pepper

Blend all ingredients together

2. ranch dressing

- ½ cup plain full-fat yogurt or Greek yogurt
- 1 tsp dried dill weed
- 1 clove of garlic
- 2 TBSP Parmesan (optional)
- ½ tsp salt
- ½ tsp black pepper
- 6 TBSP olive oil

Add everything into blender except oil. Blend, then slowly add oil to emulsify.

3. sour cream based (can substitute ½ greek yogurt to lighten)

Sour Cream and Onion dip

- 1 TBSP butter or coconut oil
- 1 shallot, minced
- 4 cloves garlic, minced
- 2 cups sour cream
- ½ tsp Himalayan salt or Celtic sea salt
- ½ tsp pepper
- 1 TBSP onion powder

Saute onion first until softened and translucent, be careful not to brown. Cool. Then mix all the ingredients together.

Curried Sour Cream dip

- 1 cup sour cream
- ½-1 tsp curry powder or to taste
- ¼-½ tsp salt
- 2-3 tsp prepared mustard

Mix all ingredients together.

4. cream cheese based

Dill and Garlic Scape Dip

- 1 8oz package of cream cheese
- 2 TBLS to 1/2 cup milk (possibly more)
- 1-2+ garlic scapes, minced
- ½ bunch dill, minced
- salt and pepper to taste

Soften cream cheese for a few hours at room temperature. Slowly add milk until desired “dip-able” consistency is reached. Mix with the rest of the ingredients.

5. mayo + sour cream

Dill Dip

- 1 cup mayonnaise
- 1 cup sour cream
- 1-2 tablespoons fresh dill weed
- 1-2 tablespoons minced onion or scallion
- 1-2 tablespoon fresh parsley
- Salt to taste

Mix ingredients together.

Hummus dips:

1. **basic hummus (chick pea + tahini) (could use garlic scape here)**

Basic Hummus

- 2 cups drained well-cooked or canned chickpeas, liquid reserved
- 1/2 cup tahini (sesame paste), optional, with some of its oil
- 1/4 cup extra-virgin olive oil, plus oil for drizzling
- 2 cloves garlic, peeled, or to taste
- Salt and freshly ground black pepper to taste
- 1 tablespoon ground cumin or paprika, or to taste, plus a sprinkling for garnish
- Juice of 1 lemon, plus more as needed
- Chopped fresh parsley leaves for garnish

Combine all ingredients in a food processor and pulse until smooth.

2. **vegetable variation beet (no chick pea)**

Beet Hummus

- ½ to ¾ cup walnuts, toasted, blended
- 1 tablespoon ground cumin
- 1 cup leftover cooked beets, chopped
- 1 tablespoon tahini or other nut butter of choice
- 1-2 cloves garlic, minced (or to taste)
- 1-2 tablespoons lemon juice (or to taste)
- Olive oil, salt and pepper (or to taste)

Combine all ingredients and blend until smooth.

3. **vegetable variation zuke (no chick pea)**

Zucchini Tahini Hummus spread

- 3-4 medium zucchini or summer squash, cut in half (after roasting you should have 1 1/2 cups chopped)
- 1/4 cup olive oil
- 1/4 cup Tahini
- 2 tablespoons lemon juice
- 1-2 medium cloves of garlic, minced
- 1/4 teaspoon nutmeg
- salt to taste

Place zucchini cut side up on baking sheet and roast at 400 degrees for about 1 hour or until very soft. Let zucchini cool, then chop and place with all other ingredients into a food processor. Process until a smooth and creamy.

Avocado dip:

1. green goddess dip

- 3 T. Fresh lemon juice
- 1 t. Worcestershire sauce
- 1 T. Champagne vinegar
- 1 Garlic clove, minced
- 1 Ripe Avocado, seeded and removed from shell
- ½ C. Sour cream
- ¼ C. Flat leaf parsley
- ½ C. Basil leaves
- 3 T. Fresh tarragon leaves
- ½ C. Olive oil
- Salt and pepper to taste

Add all of the ingredients to food processor except the salt and pepper. Pulse until all ingredients are well combined. Taste and add salt and pepper to taste. Transfer to a container with a lid and refrigerate for a minimum of one hour to let the flavors develop.

Raw veggies great for dipping

- Carrots
- Beets
- Radishes
- Salad turnips
- Peppers
- Cherry tomatoes
- Broccoli
- Cauliflower
- Pac choi (aka bok choy) stems
- Kohlrabi
- Celery
- Peas
- Beans
- Cucumbers
- Summer squash/zuke

About the Instructor

Mary Margaret Ripley loves spending time in the kitchen making homemade creations! She also loves getting together with other women who love to do the same. Hence the start of these classes! Please join her! For more info on Mary Margaret's future classes please visit the website: www.ripleyorganicfarm.com or email her at ripleyfarm@gmail.com to get on the future classes notification list.