Veggies and Dip to Go

Ingredients:
1 green pepper
1 stalk celery
1 carrot
½ cup broccoli florets
½ cup cauliflower florets
¼ cup low-fat plain yogurt

Create-A-Flavor Changes
Add your own ideas, too!
- Choose other fresh vegetables.
- Try apple, pear, or banana slices for dippers.
- Add a little orange juice to plain yogurt.
- Choose different flavored yogurts.
- Blend cottage cheese with a dash of lemon juice, dill seed, and minced dried onion instead of yogurt.

Directions:
1. Wash and drain all fresh vegetables.
2. Cut the pepper in half (from side to side). Clean out the seeds. Set the pepper “bowls” aside.
3. Cut the celery and carrot into sticks.
4. Cut the broccoli and cauliflower into small pieces.
5. Spoon a layer of yogurt into each pepper bowl.
6. Place half of the celery sticks, carrot sticks, broccoli and cauliflower in each pepper bowl.
7. Enjoy the portable dip and dippers!

Yields about 2 veggie “bowls”

Source: Cooking Up Fun! Pyramid of Snacks - Cornell University Cooperative Extension

Recipe analyzed using The Food Processor® Nutrition Analysis Software from ESHA Research, Salem, Oregon.

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