

# Delicious Dips

## Using Common Ingredients

### Lancaster County

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Need a quick dip recipe for unexpected company? How about a dip that doubles as a nutritious snack or perhaps ... even a mini-meal? Enjoy these five dip recipes made from items commonly found in your fridge or cupboards. They're filled with nutrient-rich foods such as beans, fish, peanut butter, cheese, yogurt and salsa. Serve with fruit, vegetable and whole grain cracker chip dippers.

### Dip Tips

- ▶ Keep cut fruits, such as apples, pears, bananas and peaches, from turning brown by coating them with an acidic juice such as lemon, orange or pineapple juice. Or use a commercial produce protector such as Fruit-Fresh (R), and follow the manufacturer's directions.
- ▶ Cover and refrigerate cut fruit and vegetables until ready to serve.
- ▶ **Most cold dips taste best if refrigerated for about an hour before serving to let the flavors blend.**
- ▶ Perishable foods like dips and cut fruit and vegetables should not sit at room temperature for more than two hours, total time. If you will be serving dip for a longer period than this, set out a smaller bowl of dip and then replace it with another one when it is empty. **DO NOT** add fresh dip to dip that has been sitting out. Use any dip that has not been served within three to four days of preparation date.



**Salsa Yogurt Dip** (recipe below)

### Salsa Yogurt Dip

Mix two parts plain yogurt with one part salsa (for example, mix 1 cup plain yogurt with 1/2 cup salsa.)

### Creamy Peanut Dip

- 1/4 cup creamy peanut butter
- 2 tablespoons orange juice
- 1/2 cup yogurt, lowfat vanilla

### Directions:

1. In a small bowl, mix the peanut butter and orange juice until smooth.
2. Stir in the vanilla yogurt.
3. Cover and put in the fridge until chilled.



**Source of Creamy Peanut Dip Recipe:** Adapted from Pennsylvania Nutrition Education Network Website Recipes, The Pennsylvania Nutrition Education Program; available at Food Stamp Nutrition Connection Recipe Finder: [recipefinder.nal.usda.gov](http://recipefinder.nal.usda.gov)

**Know how. Know now.**

### Pinto Bean Salsa Dip

- 1 can (approx. 15 oz.) pinto beans, drained and rinsed or 1-1/2 cups cooked dried beans
- 1 cup shredded cheese
- 1/2 to 1 cup chunky salsa
- 1 to 2 tablespoons chopped onion (optional)
- 1/4 to 1/2 teaspoon chili powder or to taste (optional)

#### Directions:

1. Mash beans with a fork.
2. Mix in cheese.
3. Stir in enough salsa until mixture is desired consistency for dipping.
4. Add onion and seasoning as desired.
5. Serve cold or cook, stirring, over medium heat until the cheese melts and the mixture is well blended and hot (about 5 minutes).

**Tip:** If you use the lesser amount of salsa for a thicker mixture, this recipe may be used as a filling for wraps.



### Honey Yogurt Fruit Dip

- 1 cup nonfat or lowfat yogurt
- 1 teaspoon vanilla
- 1/2 teaspoon cinnamon
- 2 to 3 tablespoons honey

**Directions:** Mix yogurt with vanilla and cinnamon. Add honey to taste, until desired sweetness is obtained.

**Tip:** This recipe also may be used as a salad dressing.



### Tuna Veggie Dip

- 1 can (approx. 6 oz.) water-packed tuna, drained
- 1 stalk celery, chopped fine
- 1 medium carrot, chopped fine
- 4 to 6 tablespoons lower fat mayonnaise
- 1 teaspoon Italian seasoning or to taste
- 1/8 teaspoon black pepper

**Directions:** Mix ingredients until well blended with sufficient mayonnaise until desired consistency is obtained.

**Tip:** This recipe also may be used as a sandwich spread.

