

# VEGGIE TRAY WITH HERB DIP

|                         |  |
|-------------------------|--|
| <b>Culinary Intro:</b>  | The herb dip is a great alternative to commercial ranch dressing.                                    |
| <b>Nutrition Intro:</b> | Enjoy this herb dip and veggie tray in family gatherings, birthday parties or as a nutritious snack. |

**Ingredients for 4 servings:**  
**Each serving = ¼ cup of dip with 1 cup veggies**  
**Cost per serving=\$0.83**

- ½ cup low-fat or non-fat plain Greek yogurt
- ½ cup low-fat plain cream cheese, softened
- 1 small bunch dill
- small handful of chives
- juice of ½ lemon
- ¼ teaspoon salt
- ½ teaspoon black pepper
- celery sticks, baby carrots, broccoli florets, cauliflower florets, cucumber slices for serving
- 5 whole grain crackers, for serving

**Steps:**

1. Place a variety of veggies like broccoli florets, cucumber slices, celery sticks, cauliflower florets, or carrot sticks, on a platter. Be creative!
2. In a large bowl, combine the Greek yogurt with the softened cream cheese. Stir well with a silicone spatula until well combined.
3. Finely chop the dill (measure out ¼ cup) and add to dip. Using kitchen shears, snip pieces of chives and measure out 2 Tablespoons. Add the chives to the dip.
4. Squeeze the juice of ½ lemon into the bowl. Season with salt and pepper and stir well until everything is well combined. Let sit in the refrigerator at least half an hour before serving.

| Nutrition Facts  |                             |
|--|-----------------------------|
| Serving Size 1 cup veggies, 1/4 cup dip (172g)   |                             |
| Servings Per Container 4   |                             |
| Amount Per Serving   |                             |
| <b>Calories 100</b>  | <b>Calories from Fat 45</b> |
| % Daily Value*   |                             |
| <b>Total Fat 5g</b>  | <b>8%</b>                   |
| Saturated Fat 3g   | <b>15%</b>                  |
| Trans Fat 0g   |                             |
| <b>Cholesterol 20mg</b>  | <b>7%</b>                   |
| <b>Sodium 310mg</b>  | <b>13%</b>                  |
| <b>Total Carbohydrate 9g</b>   | <b>3%</b>                   |
| Dietary Fiber 2g   | <b>8%</b>                   |
| Sugars 5g  |                             |
| <b>Protein 7g</b>  |                             |
| Vitamin A 130%   | • Vitamin C 35%             |
| Calcium 10%  | • Iron 2%                   |
| *Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs. |                             |
|  | Calories: 2,000 2,500       |
| Total Fat  | Less than 65g 80g           |
| Saturated Fat  | Less than 20g 25g           |
| Cholesterol  | Less than 300mg 300mg       |
| Sodium   | Less than 2,400mg 2,400mg   |
| Total Carbohydrate   | 300g 375g                   |
| Dietary Fiber  | 25g 30g                     |
| Calories per gram:   |                             |
| Fat 9 • Carbohydrate 4 • Protein 4   |                             |

| Culinary/ Nutrition Notes for Demo: |   |
|-------------------------------------|---|
| <b>1</b>                            | <p><b>Culinary:</b></p> <ul style="list-style-type: none"> <li>• Include your favorite, seasonal veggies to create a contrast in color, flavor, and texture.</li> </ul> <p><b>Nutrition:</b></p> <ul style="list-style-type: none"> <li>• Try choosing a variety of colors. Each color of fruits and vegetables, represent a family of phytonutrients which have health-promoting properties.</li> <li>• Phytonutrients: phyto means plant. They are chemicals in plant food that help prevent certain disease.</li> </ul>  |
| <b>2</b>                            | <p><b>Culinary:</b></p> <ul style="list-style-type: none"> <li>• soften cream cheese by leaving out at room temperature for 1 hour</li> </ul> <p><b>Nutrition:</b></p> <ul style="list-style-type: none"> <li>• Greek yogurt is a rich source of protein</li> <li>• Try choosing plain Greek yogurt and add flavor by adding fresh fruits, frozen fruits etc.</li> <li>• Flavored yogurts are high in added sugars.</li> <li>• Some yogurts provide live cultures of probiotics (“friendly” bacteria), which aid our digestive system by restoring our gut microbiota.</li> </ul> |
| <b>3</b>                            | <p><b>Culinary:</b></p> <ul style="list-style-type: none"> <li>• use kitchen shears to chop herbs</li> </ul> <p><b>Nutrition:</b></p> <ul style="list-style-type: none"> <li>• Preparing meals with fresh herbs and spices add flavor without adding extra salt, sugar, or fats.</li> <li>• Some dips only provide “empty” calories. A dip with Greek yogurt provides more nutrients, fresh flavor and less added ingredients.</li> </ul>   |
| <b>4</b>                            | <p><b>Culinary:</b></p> <ul style="list-style-type: none"> <li>• When the dip sits, the flavors marry and are more rounded.</li> </ul> <p><b>Nutrition:</b></p>   |

**Clean-up/Review comments**

**Culinary:**

Greek yogurt can be a great base for creamy-style dips or sauces. If packing the dip for lunch, make sure to include an ice pack to keep cool.

**Nutrition:**

Greek yogurt is rich in protein, calcium and probiotics.

| Materials  | Shopping List  |
|--|--|
| <ol style="list-style-type: none"> <li>1. 1 large plate for veggies</li> <li>2. 1 cutting board</li> <li>3. 1 Chef's knife</li> <li>4. 1 large bowl</li> <li>5. 1 bowl for trash</li> <li>6. 1 silicone spatula</li> <li>7. 1 lemon squeezer</li> <li>8. measuring cups</li> <li>9. measuring spoons</li> <li>10. kitchen shears</li> <li>11. tablecloth</li> <li>12. kitchen towel</li> <li>13. paper towels</li> <li>14. colander</li> <li>15. gloves</li> <li>16. sample cups/plates/ soufflé cups</li> <li>17. copies of reci</li> </ol> | <p><b>Produce</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> 1 small bunch/package dill</li> <li><input type="checkbox"/> 1 small bunch/ package chives</li> <li><input type="checkbox"/> 1 lemon</li> <li><input type="checkbox"/> a variety of veggies, such as celery, carrots, broccoli, cauliflower, or cucumber, for serving</li> </ul> |
|  | <p><b>Dry Goods</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> 1 box whole grain crackers</li> </ul>  |
|  | <p><b>Dairy</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> ½ cup low-fat/non-fat plain Greek yogurt</li> <li><input type="checkbox"/> ½ cup low-fat plain cream cheese (Neufatchel)</li> </ul>  |
|  | <p><b>Condiments</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> salt</li> <li><input type="checkbox"/> pepper</li> </ul>  |

**Prepping for demo:**

- Shop for ingredients/ Ensure all ingredients are available
- Rinse & dry produce
- Prep & store for demo as requested in recipe; Prepare a batch of the herb dip, store.
- Label all mise en place items
- Make sure to leave a portion of the produce intact for demo purposes
- If recipe will be sampled by a large audience, prepare a large batch of ingredients ahead of time
- Ensure all equipment is in place and set up table with a tablecloth
- Display ingredients in a visually appealing manner and in a way that flows with the sequence of recipe

**Estimated time for preparation: 1 hour**