



## GARDEN DIP TRIO

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Dips are a great way to get students to try the fruits and veggies you're growing in the garden, and their quick preparation makes them easy garden recipes. Pick your dip (or dips!) based on the tastes of your class and what you have to sample in the garden!

### Learner Outcomes

Students will practice their fraction skills through measuring, and try various new fruits and veggies.

### Materials

- Ingredients - see each recipe
- Measuring spoons
- Measuring cups
- Large mixing bowl
- Large mixing/serving spoon or spatula
- Paper plates or bowls for students
- Gallon bag for hummus



**FIGURE 3-1** A cucumber dip is easy and healthy and tastes delicious with many different vegetables.

### BUILD YOUR OWN GARDEN DIP

**Step 1** To create your own garden dip, select one of the following ingredients for the base:

1. Create a creamy dip bases with low-fat or non-fat yogurt or avocado (mashed or diced).
2. Beans are inexpensive and nutritious bases for dips and come in many varieties. You can blend them or mash for a chunky dip. Use your favorite bean or try something new: Black beans, black-eyed pea, butter beans, chickpeas (garbanzo beans), cannellini, kidney, lentil or pinto beans.
3. Consider a protein rich nut or seed as a filling and delicious base. These bases can have a crunchy texture (leave whole) or creaminess (when blended). Try almonds, pecans, walnuts, cashews, peanuts (or peanut butter), pine nuts, sunflower seeds (or sunbutter), pumpkin seeds, or tahini (sesame seed butter). \*Safety note: be sure no one has a nut allergy before using this base.
4. Chopped tomatoes, melons (watermelon and muskmelon), squash, zucchini or other fruits can also be used as the main base ingredient to create dips with a fresh salsa-style texture.

**Step 2** After selecting the base, think about the flavor! Add your favorite ingredients to the base for flavor, color, texture and nutrition:

5. Veggies or fruits: fresh or roasted sweet or hot peppers, corn kernels, finely chopped or blended leafy greens, chopped tomatoes, cucumber, pineapple, strawberries, peaches, mango
6. Herbal power! Increase flavor with fresh herbs like basil, oregano, rosemary and parley. Add a zesty acid: lemon, lime or orange juice, apple or red|white wine vinegars, and soy sauce or tamari. Finely mince garlic, onions, shallots, and chives for a kick. A dash of ground spices like onion powder, chili powder, cumin will pack a punch.
7. If the dip is too thick, add a little extra liquid like water or vegetable broth to blend ingredients more easily and loosen the consistency of your dip.



**FIGURE 3-2** Harvest or buy seasonally available vegetables for peak flavor and freshness.



**FIGURE 3-3** Hummus is a versatile dip and can have a base made with chickpeas, avocados, beets and other ingredients.



**FIGURE 3-4** Simple fruit dips are sweet and tasty!

COOKING CLASSROOM

**Step 3: Delightful Dippers** Dips are the best when you have something tasty to hold them! Think about these healthy dippers to celebrate your dip!

- Carrot coins or sticks
- Snap or sugar peas
- Zucchini or yellow squash sticks
- Broccoli florets
- Cherry tomatoes
- Bell pepper strips
- Jicama slices or sticks
- Radish slices
- Cucumber slices
- Apple or pear slices
- Whole grain crackers
- Pretzels

## RECIPES

### Homemade Ranch

#### Ingredients

- 1/3 cup plain yogurt
- 1/3 cup low fat sour cream
- 3 tablespoons mayonnaise
- 1 teaspoon sugar
- 1 teaspoon salt
- 1/2 teaspoon pepper
- 2 cloves garlic (crushed with a mortar and pestle or finely minced)
- Fresh herbs of your choice (parsley, chives, oregano -whatever you have in your garden!)

Just mix and enjoy!

### Cucumber Yogurt Dip

#### Ingredients

- 2 cups plain yogurt, low-fat
- 2 large cucumbers, peeled, seeded, and grated
- 1/2 cup sour cream, fat-free
- 1 Tbsp lemon juice
- 1 Tbsp fresh dill
- 1 garlic clove, chopped
- 1 cup baby carrots

#### Preparation

1. Peel, seed, and grate one cucumber. Slice other cucumber and set aside.
2. Mix yogurt, grated cucumber, sour cream, lemon juice, dill, and garlic in a serving bowl.
3. Arrange the other cucumber and carrots on a plate and serve with cucumber dip.

### Cinnamon Yogurt Fruit Dip

#### Ingredients

- 1 cup plain yogurt
- 2 tablespoons honey
- 1/2 teaspoon cinnamon
- 1/4 teaspoon vanilla

Just mix and enjoy!

### Hummus - Yummus!

#### Ingredients

- 1 clove garlic
- 1 can chickpeas
- 1/4 cup olive oil
- 1/4 cup tahini
- 1 tablespoon lemon juice
- Salt and cumin to taste
- Chickpea liquid, as needed

#### Preparation

1. Drain water from chickpeas and rinse, reserve liquid
2. Mash all ingredients together in the gallon bag until smooth (kids love this part but can get a little too into it - make sure the bag doesn't rip!)
3. Pour into a serving bowl and garnish with herbs from your garden
4. Enjoy!

## VARIATIONS AND EXTENSIONS

There are all kinds of dips you can use, and these specific ones are easily adaptable with different herbs and spices. Try your dips with seasonal vegetables and fruits!

## ACKNOWLEDGEMENTS

Cinnamon Yogurt Fruit Dip Recipe - ACoupleofCooks.com

Ranch Recipe - Emily Ritchie, with FoodRoots, Tillamook, Oregon