

## Appetizers/Dips:

Tip: healthy dips can make a great snack, just be wise with portion size

### Chunky Guacamole

Courtesy of: Better Homes & Gardens [<http://www.bhg.com/recipe/sauces/chunky-guacamole/>]

Makes: 16 servings  
Serving size: 2 tablespoon  
Yield: 2 cups  
Prep time: 20 mins  
Chill time: 1 hr

#### Ingredients

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- 2 medium plum tomatoes, seeded and finely chopped
- 1/4 of a small red onion, finely chopped
- 1 - 2 cloves garlic, minced
- 2 tablespoons lime juice
- 1 tablespoon olive oil
- 1/4 teaspoon salt
- 1/8 teaspoon black pepper
- 2 ripe avocados, seeded, peeled, and coarsely mashed
- Tortilla chips
- (Can substitute veggie sticks for chips for a healthier alternative)

#### Directions

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1. In a bowl combine tomatoes, red onion, garlic, lime juice, olive oil, salt, and pepper.
2. Gently stir in avocados.
3. Cover the surface with plastic wrap.
4. Chill for up to 1 hour.
5. Serve with tortilla chips.

*From the test kitchen... For a kicked up version of this guacamole, stir in one or more of the following: 1 seeded, finely chopped jalapeno chili pepper; 1/4 cup dairy sour cream; 1/4 cup snipped fresh cilantro; 1/4 teaspoon ground cumin; and/or 1/8 teaspoon cayenne pepper.*

#### Nutritional Facts per serving

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Calories	48
Fat	5g
Cholesterol	0 mg
Saturated Fat	1 g
Carbohydrates	3 g
Fiber	1 g
Protein	1 g
Sodium	39 mg

**Creamy Cucumber-Dill Dip**

Courtesy of: American Heart Association

[[http://www.heart.org/HEARTORG/GettingHealthy/NutritionCenter/Recipes/Creamy-Cucumber-Dill-Dip\\_UCM\\_452916\\_Recipe.jsp](http://www.heart.org/HEARTORG/GettingHealthy/NutritionCenter/Recipes/Creamy-Cucumber-Dill-Dip_UCM_452916_Recipe.jsp)]

Serves 12 (Serving Size: 2 Tablespoons)

Prep Time: 5 minutes

*Ingredients*

- 1 cup fat-free plain yogurt
- ½ medium cucumber, peeled and finely chopped
- 1 ½ teaspoon dried dill weed or 2 tablespoons chopped fresh dill
- 2 teaspoons minced onion

*Directions*

1. In a small bowl combine all ingredients
2. stir well
3. Refrigerate prior to serving.

*Use this dip for fresh veggie sticks (bell pepper slices, sliced squash, baby carrots, celery sticks, etc.) or as a creamy topping for grilled salmon or chicken*

*Nutritional Facts per serving*

Calories	13
Fat	0g.
Saturated Fat	0g.
Cholesterol	0mg.
Sodium	16mg.
Fiber	0g.
Carbohydrates	1g.
Protein	1g.

## Honey Yogurt Dipping Sauce

Courtesy of: "[Epicurious.com](http://www.epicurious.com)"

[<http://www.epicurious.com/recipes/food/views/Fresh-Fruit-with-Honey-Yogurt-Dip-5457>]

Makes: 16 servings  
Serving size: 2 tablespoon  
Yield: 2 cups  
Prep time: 5 min

### Ingredients

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- 2 cups vanilla or plain fat-free yogurt
- 1/2 cup honey
- 1 teaspoon ground cinnamon
- Assorted fresh fruit (such as apples, bananas, pineapple and/or strawberries), cut into wedges or bite-size pieces

### Directions

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1. Combine yogurt, honey and cinnamon in small bowl
2. Stir to blend.
3. Place bowl on platter
4. Surround with fruit and serve.

### Nutritional Facts per serving

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Calories	63
Fat	1g
Saturated Fat	1 g
Cholesterol	4 mg
Carbohydrates	13 g
Fiber	0 g
Protein	1 g
Sodium	20 mg