



# Dips and Veggies

Get Cooking

These yummy dips from around the world are easy to make. Try them with fresh and crunchy veg sticks like carrots, peppers or cucumber.

## Guacamole



Guacamole originated in Mexico, where avocados were first grown 10,000 years ago. In the 1900s, avocados were often called "*alligator pears*" because of their shape and skin.



### Ingredients

- 2 ripe avocados
- 1 garlic clove, peeled
- Squeeze of lime
- Cherry tomatoes (optional)

### Method

Remove the avocado from the skin and add this to a blender along with the garlic clove and squeeze of lime. Blitz to a chunky or smooth consistency, your choice! Add chopped cherry tomatoes or a little coriander at the end for extra flavour.

## Hummus

Hummus was traditionally eaten in numerous Middle Eastern and Mediterranean countries and has gained popularity around the world. Try it as a dip for veggies or spread on toast or a wrap for a yummy sandwich

### Ingredients

- 1 400g tin of chick peas (drained and rinsed)
- 1/2 cup low fat plain Greek yoghurt
- 2 tablespoons lemon juice
- 1 teaspoon cumin
- 1 garlic clove, peeled (optional)

### Method

Add all the ingredients to a blender or food processor and blitz until combined, scraping down the sides as you go. Add a tablespoon of water or a drizzle of extra virgin olive oil if too thick.

*To add fun colour to your hummus, try adding a handful of spinach or half a cooked beetroot!!*



## Tzatziki

Tzatziki comes from Greece and is a dip or sauce made from yogurt and cucumber.

### Ingredients

- 2 cups plain low fat plain Greek yogurt
- 1+1/2 tablespoon dill, chopped
- 1 tablespoon lemon juice
- 2 cloves garlic, minced
- 1/2 cucumber, grated



### Method

- Combine yogurt, dill, lemon juice, garlic, cucumber in bowl and mix well.
- Chill for 30 minutes before serving.

Did you know?

Slices of raw vegetables for dipping are sometimes known as **crudités**. This comes from French and means "*raw things*".



Irish Heart Foundation