

# Delicious Dips

Vegetable sticks with dips make a healthy snack that your toddler will love. There are lots of different dips that you can make – we have included 3 recipes here. Most vegetables can be eaten with dips. Try carrots, cucumber, peppers, baby sweetcorn, celery and mange-tout.

Jo puts carrot sticks and houmous in Euan and Cameron's lunchbox. Cream cheese with red peppers is their favourite sandwich filling.



## METHOD

### Tangy Red Bean Dip

1. Heat the olive oil in a saucepan. Add the onion and garlic. Saute for 4 minutes and then add the beans.
2. Stir in the vinegar, honey, chilli powder and cumin.
3. Simmer over a low heat for about 5 minutes, stirring occasionally.
4. Puree in a food processor.

### Quick Guacamole

1. Crush all the ingredients with a potato masher or puree in a food processor.

### Tzatziki Dip

1. Chop the cucumber into small pieces.
2. Mix all the ingredients together in a bowl, and serve.
3. This will keep for 4 days in the fridge.

### Tangy Red Bean Dip

- 1 tbsp olive oil
- 1 medium onion, chopped
- 1 garlic clove, chopped
- 1 tin (400g) kidney beans, drained
- 75ml cider vinegar
- 4 tbsp honey
- ½ tsp each of mild chilli powder, and cumin (optional)

### Quick Guacamole

- 2 ripe avocados, peeled and pitted
- Juice of 1 lemon

### Tzatziki Dip

- 1 tbsp Worcestershire sauce
- ½ clove garlic, crushed
- ½ a medium cucumber
- 200g plain yoghurt
- 1 tbsp fresh mint, chopped

- Wholegrain bagel with cream cheese and red pepper
- Fruit yoghurt
- Carrot sticks with houmous
- A pear • Bottle of water



# APRIL 2008

tue 1	wed 16
wed 2	thur 17
thur 3	fri 18
fri 4	sat 19
sat 5	sun 20
sun 6	mon 21
mon 7	tue 22
tue 8	wed 23
wed 9	thur 24
thur 10	fri 25
fri 11	sat 26
sat 12	sun 27
sun 13	mon 28
mon 14	tue 29
tue 15	wed 30

## TOP TIPS

Beans are nutrient-packed but we tend to not eat them as often as we should. The recipe for "tangy red bean dip" is a good example of a way to include beans in the whole family's diet. Beans are cheap and convenient (tinned varieties are already cooked), so adding them to recipes such as stews, casseroles and bakes makes the dish go further and therefore save you money! Make sure you look for "no added sugar or salt" varieties. Here are some of the health benefits of beans; • Low GI (glycaemic index) – supply slow-release energy so keep you going and satisfied for longer • Packed full of vitamins and minerals • Fibre-rich – Keep your digestive system working as it should and help lower cholesterol levels • Low in fat, sugar and salt