



Lifestyle Wellness Academy

PREP TIME: 5-10 MINUTES
COOK TIME: NONE

YIELD: 4 SERVINGS
SERVING SIZE: 3 TOMATO SLICES,
 1 C WATERMELON
 (OR 2 SKEWERS)

LOW-FAT BLUE CHEESE DIP:

¼ C REDUCED-FAT BLUE CHEESE CRUMBLES
¼ C FAT-FREE SOUR CREAM
2 TBSP LIGHT MAYONNAISE

HONEY MUSTARD DIP:

¼ C HONEY
2 TBSP BROWN MUSTARD
2 TBSP FAT-FREE EVAPORATED MILK
1 TBSP FRESH PARSLEY, RINSED, DRIED, AND
 CHOPPED (OR 1 TSP DRIED)
1 TBSP FRESH CHIVES, RINSED, DRIED, AND
 CHOPPED (OR 1 TSP DRIED)

TUSCAN WHITE BEAN DIP:

1 TBSP OLIVE OIL
1 TBSP GARLIC, CHOPPED (ABOUT 3 CLOVES)
2 TBSP ONIONS, CHOPPED
1 C LOW-SODIUM CANNELLINI BEANS, RINSED
¼ C LOW-SODIUM CHICKEN BROTH
1 TBSP FRESH PARSLEY, RINSED, DRIED,
 AND CHOPPED (OR 1 TSP DRIED)
1 TBSP FRESH OREGANO, RINSED, DRIED,
 AND CHOPPED (OR ¼ TSP DRIED)

VEGETABLES:

5 C ASSORTED RAW VEGETABLES, RINSED
 AND CUT INTO BITE-SIZED PIECES AS
 NEEDED—SUCH AS BABY CARROTS,
 CELERY STICKS, BROCCOLI FLORETS,
 CAULIFLOWER FLORETS, OR CHERRY TOMATOES



DUNKIN' VEGGIES AND DIPS

DIPPING MAKES VEGGIES FUN—TRY THESE TASTY DIPS FOR DINNER, A SNACK, OR A PARTY!

- 01 Combine ingredients for any (or all) of these three dips separately, and set aside (see note below).
- 02 Arrange vegetables on a platter, and serve with choice of dip.

NUTRITION PER SERVING:

low-fat blue cheese dip (1 Tbsp):

56 CALORIES
3 G PROTEIN
3 G CARBOHYDRATE
4 G TOTAL FAT

honey mustard dip (1 Tbsp):

71 CALORIES
1 G PROTEIN
19 G CARBOHYDRATE
0 G TOTAL FAT

tuscan white bean dip (1 Tbsp):

87 CALORIES
3 G PROTEIN
10 G CARBOHYDRATE
4 G TOTAL FAT

vegetables 1½ C mixed baby carrots, celery sticks, broccoli florets, cauliflower florets, or cherry tomatoes):

42 CALORIES
2 G PROTEIN
9 G CARBOHYDRATE
0 G TOTAL FAT

Note: Tuscan white bean dip requires a mixer, masher, or big spoon to make the dip smooth. If you can't find beans that are labeled "low sodium," compare the Nutrition Facts panels to find the beans with the lowest amount of sodium. Rinsing can help reduce sodium levels further.

