



Veggie Cups with Dips

Select your favorite vegetables and match them with delicious dips

Ingredients:

Fresh vegetables, like zucchini, celery, carrots, cucumbers, or peppers,
Favorite dips or try some new flavors as suggested below

General Directions:

Prepare Vegetables: Wash, peel, trim vegetable to fit your serving glasses;
leave short stems on thin carrots for easier serving

Prepare Dips: In small bowls, mix each of the dips you want to serve. For
each dip, mix all ingredients together for the desired dip until smooth and
dipping consistency.

Serving Suggestions:

Select the serving glasses to hold the dips and vegetables. If they have a
heavier bottom, they will not tip over. Cut vegetables into spears to fit the
serving glasses. Prepare your favorite dips; partially fill bottom of serving
glasses with dip; insert a selection of vegetable spears or chunks in the
glasses.

Dip combinations you might want to try:

Sesame Ranch Dip:

1 cup prepared ranch dressing
2 teaspoons soy sauce
1/2 teaspoon sesame oil

Sweet 'n Sour French Dip

1/3 cup French Dressing
1/4 cup mayonnaise
1/2 Tablespoon Dijon mustard
1-1/2 Tablespoons honey

Sweet Relish Avocado Dip:

2/3 cup avocado sauce
1 cup sour cream or plain yogurt
3 Tablespoons sweet pickle relish

Fresh Herb Dip:

1 cup sour cream or plain Greek yogurt
1 Tablespoon minced fresh parsley
1 Tablespoon fresh minced fennel tops
1 Tablespoon fresh minced chives
1/4 teaspoon garlic powder
1/2 Tablespoon fresh lemon juice
1/2 Tablespoon Dijon mustard
1/2 Tablespoon honey
Salt and ground black pepper to taste

Creole Dip

1/2 cup mayonnaise
1/2 cup sour cream
1 teaspoon Creole mustard
1/2 Tablespoon ketchup
1 Tablespoon fine minced onion
1/4 teaspoon dry dill weed
Hot sauce to taste

Buffalo Blue Cheese Dip

1 cup blue cheese dressing

1/4 cup hot sauce

Recipes for Dips Inspired by:

Prudence Hilburn - *The Best of Cooking with Prudence*

About the Recipe:

Did you ever notice that most guests don't even seem to notice those vegetables and dip that are sitting on the appetizer table? Here's a way to change that. Surprise them by serving those veggies in a different way with little stems or in spear shapes. Just put them in cups with some dip in the bottom. Make sure to label your dip flavors. They make serving veggies fun and eye appealing.