Veggie Dip Trio

PREP TIME: 10 MINUTES | SERVES: 8

For a simple step to easy entertaining, serve one or all of these quick, vibrant hummus dips with veggies, grilled baguette, or pita chips.

Ingredients

Carrot Ginger Hummus
• 1 can (14.5 oz.) sliced carrots, well drained
• 1 pkg. (10 oz.) classic hummus (1 1/4 cups)
• 1 Tbsp. lemon juice
• 2 Tbsp. minced ginger
• Garnish: cilantro leaves

Spicy Beet Hummus
• 1 can (14.5 oz.) sliced beets, well drained
• 1 pkg. (10 oz.) classic hummus (1 1/4 cups)
• 1 Tbsp. lemon juice
• 1/4 tsp. cayenne or 1/2 tsp. chipotle pepper powder
• Garnish: pistachios

Minty Pea Hummus
• 1 can (15 oz.) sweet peas, well drained
• 1 pkg. (10 oz.) classic hummus (1 1/4 cups)
• 1 Tbsp. lemon juice
• 1/2 cup packed mint leaves
• Garnish: feta crumbles

Instructions

1. For each dip, combine all ingredients in a food processor. Pulse until smooth.
2. Garnish and serve with grilled sliced baguette, pita chips or vegetables.

For more recipes and resources, visit www.healthiergeneration.org/delmonte