

dunkin' veggies & dip



National Heart, Lung,
and Blood Institute

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Ingredients

5 cups 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

For Low Fat Blue Cheese Dip

¼ cup reduced-fat blue cheese crumbles

¼ cup fat-free sour cream

2 tablespoons light mayonnaise

Honey Mustard Dip

¼ cup honey

2 tablespoons brown mustard

2 tablespoons fat-free evaporated milk

1 tablespoon fresh parsley, rinsed, dried, and chopped (or 1 teaspoon dried)

1 tablespoon fresh chives, rinsed, dried, and chopped (or 1 teaspoon dried)

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1. For dip, combine ingredients for the two dips separately, and serve with Dunkin' Veggies.
2. Arrange vegetables on a platter, and serve with choice of dip.

For Dunkin' veggies: Yield 4 servings, **Serving Size** 1 ½ cup vegetables, **Calories** 42, **Total Fat** 0 g, **Saturated Fat** 0 g, **Cholesterol** 0 mg, **Sodium** 77 mg, **Total Fiber** 2 g, **Protein** 2 g, **Carbohydrates** 9 g, **Potassium** 456 mg

For Low-Fat Blue Cheese Dip: Yield 4 servings, **Serving Size** 1 tablespoon dip, **Calories** 56, **Total Fat** 4 g, **Saturated Fat** 1 g, **Cholesterol** 4 mg, **Sodium** 145 mg, **Total Fiber** 0 g, **Protein** 3 g, **Carbohydrates** 3 g, **Potassium** 22 mg

For Honey Mustard Dip: Yield 4 servings, **Serving Size** 1 tablespoon dip, **Calories** 71, **Total Fat** 0 g, **Saturated Fat** 0 g, **Cholesterol** 0 mg, **Sodium** 46 mg, **Total Fiber** 0 g, **Protein** 1 g, **Carbohydrates** 19 g, **Potassium** 86 mg, **Vitamin A** 4%, **Vitamin C** 4%, **Calcium** 2%, **Iron** 0%,