

# DUNKIN' VEGETABLES

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NON-COOK RECIPE - SERVES SIX

## Ranch Hand Dip

6 Tablespoons (3 oz) lowfat cottage cheese  
6 Tablespoons (3 oz) buttermilk  
2 Tablespoons (1 oz) mayonnaise  
2 Tablespoons red wine vinegar  
1 Tablespoon lemon juice  
pinch garlic powder  
pinch onion powder  
salt and pepper to taste

## Black Bean Dip

1 can (15 oz) black beans, drained  
1/3 cup water  
1/4 cup mild or spicy salsa  
6 sprigs fresh cilantro  
2 teaspoons lime juice  
1/2 teaspoon ground cumin  
salt to taste

For the above recipes, place all of the ingredients in a blender. Cover. Blend until smooth.

## Curry Yogurt Dip

3/4 cup tomato sauce  
1/3 cup plain yogurt  
1 teaspoon curry powder  
1/4 teaspoon ground cumin  
1/4 teaspoon salt  
pinch cayenne pepper

## Suggested Vegetables

Celery	Green beans
Carrots	Green and yellow squash
Tomatoes	Mushrooms
Jicama	
Green and red peppers	

## Pita Bread

2 pita pockets, cut into wedges

Place all the ingredients in a bowl and stir until well mixed.

Talk about each vegetable you have chosen. Discuss where it is grown, how it is eaten, its color, texture and taste.

Wash and dry all vegetables. Peel carrots with assistance from parent helper. Adult helper also removes jicama skin with a knife. Cut all the vegetables into sticks or chunks with assistance as needed. Cut pita pockets into wedges for dunking.

Prepare dips according to directions above.

Have students dip vegetables. Explain dipping etiquette, i.e. dip only once; do not dip your fingers, etc. Encourage children to be creative in the vegetable/dip combinations they choose. Ask them to describe the flavors and to discuss their favorite combinations.

## Skills Developed

Identify vegetables  
Taste - note different taste, texture, smell  
Blender use, under supervision

Stir  
Slice  
Peel

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