

# 300 Outstanding Dip Recipes

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### Amaretto Fruit Dip

16 oz Cool Whip -- thawed in  
:       refrigerat  
3 3/8 oz Lemon Jello Instant  
:        Pudding/Pie Filling  
8 oz sour cream  
1/4 c amaretto

Gently whisk together sour cream and amaretto in a medium sized bowl.  
Stir in instant pudding mix. Gently but thoroughly stir in Cool Whip.  
Cover and refrigerate several hours or overnight to combine flavors.  
Serve with sliced fresh fruit.



### Ambrosia Fruit Dip

8 oz cream cheese; softened  
1 c plain lowfat yogurt  
1 ts vanilla extract  
1 ts grated lemon rind  
14 packets equal sweetner

Blend cream cheese & yogurt until smooth. Stir in remaining ingredients. Chill. Makes 2 cups or 8 servings.

### Amish Dip /

Yield: 6 servings

8 oz cream cheese  
1/2 c mayonnaise  
1 c tuna  
1/2 c pitted olives  
2 tb lemon juice  
1 black pepper

mix cheese and mayonnaise well and add other ingredients, use as dip or sandwich filling.

### Anchovy Olive Dip

Yield: 6 servings

- 1 c dairy sour cream
- 1/2 c finely chopped stuffed green  
- olives
- 1 1/2 tb anchovy paste
- 1/2 ts grated onion

Combine ingredients; mix well. Chill

### Anne's Vegetable Dip

Yield: 2 cups

- 1 c homemade mayonnaise
- 1 c sour cream
- 1 lg garlic clove - peeled and  
-finely chopped
- 1 tb finely chopped green onion
- 1 tb dijon mustard
- 1    chopped fresh parsley

In a mixing bowl, thoroughly combine first 5 ingredients. Pour into serving bowl, cover and chill until serving time. The flavor improves if this is made ahead of time and gets to sit for awhile.

To serve, garnish with chopped parsley.

### B-L-T Dip

- 1 lb bacon
- 2 tomatoes, ripe, diced
- 1 c sour cream
- 1 c mayonnaise

Fry the bacon very crisp and drain on paper towels. When cool, crumble into small pieces and set aside. Combine the sour cream and mayonnaise. Add the bacon and mix well. Just before serving, fold in tomatoes and stir gently until well distributed.

### Baba Ganouj (Tangy Eggplant Dip)

Yield: 6 sandwiches

- 2 md eggplants
- 2 tb tahini
- 2    garlic cloves, pressed
- 1    juice of 1 lemon
- 2 tb chopped fresh parsley (opt)
- 1/2 ts salt
- 1    black pepper to taste

Preheat oven to 300°F. Pierce eggplant with a fork and bake whole until eggplant begins to deflate (about 40 minutes). Let cool and scoop out insides and mash with a fork. Add remaining ingredients and mix well. Makes 4-6 sandwiches or serves 6-8 as a dip.

### Bacon-Cheese Dip

1/2 c sour cream  
1/4 lb cheese, roquefort  
3 oz cream cheese  
1/4 ts tabasco sauce  
4 sl bacon cooked crisp  
1 sm garlic cloves diced  
1/4 ts celery seed, whole

Put all ingredients into electric blender and blend until smooth.  
Chill and serve with potato chips or crackers. Yields 1-1/2 to 2 cups.

### Bagna Cauda (Garlic Dip)

Yield: 8 servings

- 1/2 c olive oil
- 1/4 lb butter (1 stick)
- 5 garlic cloves, chopped fine
- 6 anchovy fillets, chopped or  
- mashed
- 1 ds pepper

Heat the oil and butter together in an earthenware pot over hot water or in a double boiler. In another pan cook the garlic in a bit of the oil until it is soft. Add the anchovy fillets, and cook until the fish dissolves into a paste, about 5 minutes. Add all to the pan of hot oil and butter. The Bagna Cauda is kept hot in the middle of the table. Guests dip celery, cooked and cooled artichokes, endive, cucumbers, green onions, and Italian bread into this mixture.



## Baked Party Dip

Yield: 6 servings

- 1 ea round loaf dark bread
- 5 ea green onions, chopped
- 6 ea garlic cloves, crushed
- 2 tb butter
- 8 oz cheese, cream
- 2 c cream, sour
- 12 oz cheese, cheddar, shredded
- 1 cn artichoke hearts

Bread should be unsliced. Preheat oven to 350. Cut a hole about 5" in diameter in the top of the bread. (If you wish, make a decorative zigzag pattern.) Reserve crusty part to make top for loaf. Scoop out most of soft inside portion and save for another purpose. In skillet, saute green onions and garlic in butter until onions wilt. Do not burn! Soften cream cheese and cut into small chunks, then place in medium-sized bowl; add onions, garlic, sour cream, and Cheddar. Mix well. Drain non-marinated artichoke hearts and cut into quarters. Fold in artichoke hearts. Fill hollowed-out bread with this mixture. Replace top of bread and wrap in a double thickness of heavy-duty aluminum foil. Bake for about 1-1/2 hours. Remove foil and top of bread and serve, using thin slices of warm garlic bread as dippers. Note: The best part of this dish is when the dip is gone and all you have left is the bread, which is soaked in all those delicious ingredients. Just break the bread up and pass it around!

### Clam & Olive Dip

Yield: 6 servings

- 1 cn black olives, drained
- 1 cn chopped or minced clams,  
-drained
- 1 pt sour cream
- 1 salt
- 1 powdered garlic
- 1 cayenne pepper

Open can of olives. Eat a handful, just to make sure. Eat a few more. As long as you leave at least half the can, you've got enough. Chop them up. Add the chopped olives to the rest of the ingredients, stir, and chill for 2 hours before serving.

Quantities on the spices are left to you.

### Clam Dip

- 3 8-oz pkg cream cheese
- 2 cn minced clams
- 1 cn drained clam juice
- 1 ts horseradish sauce
- 1/2 c chopped green onions
- 1 ts worcestershire
- 1 sauce

Heat thoroughly until cheese melts in crock pot or similar. Cook on low heat 3-4 hours. Serve hot.

### Classic Lipton Onion Dip

- 1 ea lipton onion recipe
- 1 ea sour cream
- 1/2 c grated cheese
- 1 c plain yogurt
- 2 ts pickle relish
- 1 ts worcestershire sauce

Combine ingredients. Makes 2 cups dip Cheesy Onion Dip with cheese  
Skinny Dip with yogurt Zesty Dip with relish and worcestershire

### Classic Pace Con Queso Dip

8 oz pace picante sauce or  
8 oz pace thick & chunky salsa  
1 lb velveeta cheese food, cubed

In a saucepan or microwave-safe bowl, combine Pace and Velveeta cheese food. Cook over low heat 10 minutes or microwave at HIGH 5 minutes - just until cheese is melted, stirring occasionally. Surround with chips or Christmas-colored red and green pepper rings or strips and, if you're so inclined, sprinkle the dip with chopped fresh cilantro for flavor and color contrast.

### Cottage Cheese Sun-Dried Tomato Dip

- 2 c cream-style cottage cheese
- 1 green onion; cut 4 pieces
- 1/4 c green pepper; finely chopped
- 2 tb oil-pk tomatoes; chop fine
- 2 tb fresh basil; or
- 2 ts dried basil
- 2 ts lemon juice
- 1/8 ts cracked pepper

Combine all ingredients in blender; process until smooth, stopping once to scrape sides. Serve with green, red and yellow pepper squares or other fresh veggies. Yield 2 cups

### Country Club Sour Cream & Dill Dip

Yield: 6 servings

3 tb fresh dill; chopped, or  
1 tb dried dill; crushed  
1 tb lemon juice  
1 c sour cream  
1 ts salt  
1/2 ts white pepper  
2 tb white onion; grated  
1 c mayonnaise

Mix the dill and lemon juice together to soften the dill. Blend in all of the other ingredients until almost smooth. Cover and chill. Makes about 2 1/4 cups of dip. SUGGESTED DIPPERS: Red Cabbage, Broccoli, Zucchini, Tomatoes, String Beans, Cocktail Rye Bread, Seafood, Apples, Nectarines

### Country Honey Mustard Dip

1/2 c salad dressing  
1/2 c sour cream  
2 tb country dijon mustard  
2 tb honey

In small bowl combine all ingredients. Mix well and refrigerate.  
Makes 1 1/2 cups.



### Crab & Clam Dip

Yield: 4 servings

8 oz package cream cheese  
5 tb soft butter or margarine  
5 tb french dressing  
8 oz can minced clams, drained  
6 oz frozen crabmeat, thawed and  
-drained  
1 dr (few) tabasco sauce  
1 melba toast rounds

1. In a medium-sized mixing bowl, blend together cream cheese, butter or margarine and French dressing with an electric mixer, until smooth.
2. Add drained clams and crabmeat. Stir to combine.
3. Add Tabasco sauce to taste. Mix well.
4. Spread on melba toast rounds.

Place on a heat-resistant, non-metallic serving plate and heat, uncovered, in Microwave Oven 15 seconds. Serve immediately. Makes 2 cups dip

### Crab Dip

Yield: 8 servings

- 1 lb crabmeat
- 1/2 c mayonnaise or salad dressing
- 1 garlic salt, to taste
- 2 tb onion, grated
- 2 ts prepared mustard
- 2 ts powdered sugar
- 2/3 c white wine

Mix together all ingredients except crabmeat. Heat slowly. Add Crabmeat. Serve warm with crackers.

## Crab Dip - Light

Yield: 3 cups

1/2 c low-fat sour cream  
2 tb reduced-calorie mayonnaise  
1 tb skim milk  
1 tb prepared horseradish  
1/2 ts dry mustard  
1/2 ts worcestershire sauce  
1/4 ts hot sauce  
8 oz nonfat cream cheese product  
1 c shredded reduced-fat sharp  
--cheddar; cheese  
1/2 lb fresh lump crabmeat, drained  
1/8 ts paprika

Directions: Position knife blade in food processor bowl; add first 8 ingredients. Process until smooth, scraping sides of processor bowl once. Spoon mixture into a bowl; stir in Cheddar cheese and crab. Cover and chill. Sprinkle with paprika; serve with unsalted crackers or breadsticks.

Nutritional Info: CALORIES 18 (45% from fat); PROTEIN 2.1g; FAT 0.9g (SAT 0.4g, MONO 0.2g, POLY 0.1g); CARB 0.4g; FIBER 0g; CHOL 7mg; IRON 0mg; SODIUM 56mg; CALCIUM 36mg

### Crab Vegetable Dip

1/2 c chili sauce  
1/2 c mayonnaise  
1 c garlic  
1/2 ts dry mustard  
1 ts worcestershire sauce  
1/2 ts tobasco sauce  
1/2 ts salt  
1 boiled egg, hard, chopped  
1 c crab meat, drained

Mix all ingredients together and let sit overnight.

### Cranberry-Orange Hazelnut Dip

Yield: 1 recipe

8 oz lemon low-fat yogurt or  
-orange low-fat yogurt  
1/2 c cranberry-orange relish  
1/4 ts ground nutmeg  
1/4 ts ground ginger  
1/2 c roasted & chopped hazelnuts  
-(oregon; hazelnuts)

Combine all ingredients together in a bowl and chill. Serve with fresh apple slices (dipped into lemon juice) or pineapple chunks.

## Cream Cheese & Garlic Dip With Pita Toasts

Yield: 12 servings

8 oz low-calorie cream cheese  
2 tb low calorie mayonnaise  
1    juice of 1/2 lemon  
3 lg garlic cloves -- pressed  
1/4 sm onion -- finely minced  
1 ts dried dill  
1 ts herbal salt substitute  
1    tabasco sauce -- to taste  
1    red bell pepper  
3 lg rounds  
1 ts garlic powder

-----Pita Toasts-----

1    whole-wheat pita bread

In a small bowl, mix together cream cheese, mayonnaise, lemon juice, garlic, onion, dill, and salt substitute. Add Tabasco to taste. Cut top off bell pepper and remove seeds. Spoon dip into hollowed-out bell pepper, cover with plastic wrap, and chill while you make the pita toasts.

Pita Toasts: Cut each round of pita bread into 4 equal wedges. Toast until crisp, then open each wedge and dust inside lightly with garlic powder. Then arrange on a platter with dip.

Makes 12 wedges.

#### Cream Cheese Apple Dip

Yield: 12 servings

24 oz cream cheese  
6 tb milk  
2 1/4 c brown sugar  
3 ts vanilla  
6 apples; sliced

Blend all ingredients together. Dip sliced granny smith apples in the dip, then into crushed peanuts.

### Cream Cheese Chip Dip

3 pk cream cheese  
1 md onion  
1 ds salt  
1/2 c milk

Let cream cheese get to room temperature. Add milk and salt. Beat until smooth, about 4 minutes. Add onion.



### Cream Cheese Dijon Dip

- 1    dijon mustard
- 1    cream cheese

Blend any variety Grey Poupon with cream cheese and serve as a spread on crackers or as a dip for vegetables.

### Cream Cheese-Deviled Ham Dip

Yield: 10 servings

1 pk cream cheese, softened (8oz)  
1 cn deviled ham (4 1/2oz)  
1/4 c dry red wine  
3 tb finely chopped dill pickle  
1 ts instant minced onion  
1 ts worcestershire sauce  
1/4 ts instant minced garlic  
1/4 ts dry mustard

Beat cream cheese, deviled ham and wine in small mixer bowl until creamy. Stir in remaining ingredients. Serve immediately as a dip or refrigerate to serve as a spread.

### Cream Herb Dip

- 1 c light/reduced calorie
- 1 mayonnaise
- 1/4 c milk
- 2 tb finely chopped green onion
- 2 tb finely chopped parsley
- 1 tb lemon juice
- 2 ts dried dillweed
- 1/4 ts salt
- 1/4 ts hot pepper sauce

Combine all ingredients. Cover and chill.

### Delicious Dip

1/4 c cottage cheese  
2 tb grated cheese  
1/4 ts dill weed  
1/2 ts worcestershire sauce  
1/4 ts salt

In a bowl mash with a fork the cottage cheese and grated cheese. Add the dill weed, salt and worcestershire sauce. Mix well. Dip raw vegetables and eat.

### Desperation Diet Dip

Yield: 6 servings

- 1 pt low-cal cottage cheese
- 3 lg cloves of fresh garlic,  
-minced
- 1 1/2 tb finely chopped parsley
- 1 tb mayonnaise
- 1 tb wine vinegar

«    tsp Italian seasoning Salt and pepper to taste

Mix all the ingredients together (you can even beat this mixture until smooth if you're going to be dipping things like cauliflower in it). Replace in the cottage cheese container. Cover and refrigerate for at least an hour and preferably overnight. At party time, remove from

refrigerator and serve either picnic-style in the cottage cheese container or put in a bowl for serving. Sprinkle a bit of paprika on the top for color.

#### Deviled Dip

1    pimiento-cheese spread (5 oz)  
1 cn deviled ham (2.25 oz)  
1/2 c   mayonnaise  
2 tb parsley   minced fine  
1 tb onion   minced fine  
1 ds msg  
4 dr tabasco sauce

With blender, combine cheese spread, deviled ham, mayonnaise, parsley, onion, and seasonings. Chill.  
Makes about 1-1/3 cups.

## Diablo Dip

Yield: 12 servings

- 1 can bean dip
- 1 c sour cream
- 2 tb taco seasoning
- 8 oz monterey jack cheese,grtd\*\*
- 2 tomatoes, finely diced
- 4 oz chopped green chiles, opt.
- 8 oz sharp cheddar, grated
- 4 scallions, diced
- 1 can ripe olives, diced, opt.

\*\*Cheese should be grated. If spicier result is desired, use

Monterey Jack cheese w/jalapeno peppers.

Swiss or mozzarella cheese can also be substituted. Make a round mound, layering ingredients in order listed, starting with bean dip and ending with olives.

Serve with tortilla chips. Scoop from bottom to top to get a taste of all layers. From Theatrical Seasonings/Syracuse Stage

#### Dijon Drambuie Dip

3/4 c mayonnaise  
1/4 c dijon mustard  
1/4 c drambuie liqueur

Makes about 1 1/4 cups.

In a small bowl, whisk together all ingredients until smooth. Serve with large, cooked, icy cold shrimp; assorted bite sized vegetables and bread sticks.



### Dijon Party Dip

Yield: 1 small bowl

- 1 c sour cream or plain yogurt
- 1/3 c mayonnaise
- 1/4 c dijon mustard
- 1 tb finely-chopped green onion
- 1 seasoned salt
- 1 additional dijon mustard

Combine sour cream, mayonnaise, Dijon mustard and onion. Add seasoned salt to taste. Chill at least 1 hour to blend flavours. Pour into

serving bowl. Garnish by swirling a small amount of mustard onto surface of dip. Serve with an assortment of cut up fresh vegetables. Makes 1 1/2 cups (375mL) of dip.

### Dijon Tofu Dip

Yield: 5 servings

16 oz tofu block -- drained  
2 tb soy sauce, low sodium  
4 ts dijon mustard  
1/2 ts horseradish -- powder  
1 ts dill weed  
1/2 ts onion powder  
2 ea garlic cloves  
4 tb coriander leaves -- chopped

1 fresh

Combine all ingredients in a blender or food processor. Process until smooth. Add a little water if necessary for ease in preparation.

#### Dill Dip

1 c mayonnaise  
1 c plain yogurt  
1 tb onion -- dried, minced  
1 tb parsley flakes  
1 tb accent® seasoning mix  
1 tb dill weed  
1 tb worcestershire sauce

Mix all ingredients together. Best when made the night before needed.

#### Dill Vegie Dip

Yield: 6 servings

1/2 c sour cream

1/2 c mayonnaise

2 tb finely chopped dill weed

Refrigerate for several hours, serve with fresh vegetables for dipping.

### Dilly Dip

Yield: 6 servings

1 c mayonnaise  
1 c sour cream  
2 tb parsley -- dried  
3 tb onion -- dried, minced  
1/2 ts dill weed

2 ts lawry seasoned salt

Mix well, and chill overnight. Serve with pretzels, chips, or fresh veggies.

#### Dipping Sauce

1 tb tamari soy sauce  
1 ts dark sesame oil  
1 ts rice vinegar  
1/4 ts chili oil  
1/4 ts honey  
1 tb water

Combine all ingredients in a bowl. Will keep indefinitely if stored in the refrigerator.

#### Down & Dirty Apple Chutney Dip

Yield: 2 servings

1 c chunky applesauce; unsweeten  
1/4 c honey  
1/4 c raisins

4 ts lemon juice  
1 1/4 ts curry powder  
1 ts celery salt  
1 tb tarragon vinegar  
2 tb dark brown sugar

Mix the applesauce and honey, blending well, and add the rains. Blend in the lemon juice and vinegar, mixing well. Add all of the other ingredients, blending well. Cover and chill. Makes about 1 3/4 cups of dip SUGGESTED DIPPERS: Pound Cake Cubes, Dried Fruit, Steak, Apricots, Melon, Italian Bread Chunks, Croutons

#### Dried Split Pea Dip

Yield: 12 servings

1 onion; chopped  
3 tb oil



3 1/2 c water  
 8 oz green split peas  
 1/4 c finely chopped green chiles  
 2 garlic cloves; minced  
 1 lemon; juiced  
 2 tomatoes; peeled, seeded  
 -and chopp  
 2 tb chopped fresh cilantro  
 1/2 ts ground cumin  
 1 chinese chili oil  
 1 salt  
 6 pita breads (6-inch)

Saute the onion in 2 tablespoons of the oil in a 1-1/2 to 2 quart saucepan until tender but not browned. Stir in the water and split peas and bring to a boil. Boil 2 minutes, remove from heat, cover, and let stand

30 minutes. Return the pan to the heat and bring to a boil. Cover, reduce heat, and simmer about 20 minutes, or until peas are tender. Cool slightly, drain peas; reserve any liquid. Puree peas in a food processor or blender, adding enough reserved liquid to reach desired consistency. Place the pureed peas in a bowl and stir in the chiles, garlic, lemon juice, tomatoes, cilantro, cumin, and remaining 1 tablespoon oil. Season mixutre to taste with a few drops chili oil and salt. Cover and chill well. Split pita rounds nad cut each half into 6 to 8 wedges. Place on baking sheet and bake at 350 F for 5 to 10 minutes or just until crisp and wedges are light brown. Place the dip in a serving bowl, with the crisp pita bread wedges for dipping. Makes about 3 cups.

Eve's Miso-Tahini Dip

Yield: 4 servings

1/4 c tahini (sesame seed paste)

3 tb rice wine vinegar  
2 tb miso (soy bean paste)  
2 tb vegetable stock  
2 ts honey  
2 ts dark sesame oil  
2 ts low-sodium soy sauce or  
2 ts tamari

In a food processor or blender, puree the tahini, vinegar, stock, honey, oil and soy sauce or tamari until smooth.

Spread the dip on whole-grain English muffins (or a brand with oat bran added).

Serve with fresh fruit.

Famous Crab Dip

Yield: 2 cups

6 oz pkg. frozen king crab  
2 tb mayonnaise  
1/4 c yellow onion - chopped  
1 clove garlic - minced  
4 oz cream cheese  
4 tb heavy cream  
1 salt and pepper to taste

Directions:

Combine all ingredients and place in a casserole dish and bake at 350 degrees for about 30 minutes or hot throughout.

Famous Rotel Cheese Dip

Yield: 4 cups

- 1 lb pasteurized processed cheese
  - spread; , cut into cubes
- 1 cn diced or whole rotel
  - tomatoes and; green chilies

In saucepan combine ingredients; stir over low heat until cheese spread is melted. Serve with tortilla chips, crackers or vegetables. Makes about 3 1/2 cups dip.

Microwave: Place ingredients in a covered casserole. Microwave on HIGH until cheese spread is melted, about 5 minutes, stirring once.

Famous Taco Dip

Yield: 8 servings

- 1 cn bean dip
- 1 cn avocado dip, frozen
- 1 pk taco seasoning mix
- 4 tb sour cream
- 6 tb mayonnaise
- 1 c cheese, cheddar; shredded
- 1 c cheese, monterey jack; shredded
- 6 green onions; chopped
- 1 tomato; chopped
- 1 cn olives, black, canned (small - ); chopped

Layer ingredients starting at the top of the list. Mix together the taco seasoning mix, sour cream and mayonnaise.

- 8 oz cream cheese
- 12 oz shredded mozzarella
- 1 c mayonaise
- 1 c grated parmasean
- 1 onion; finely chopped
- 2 cl garlic; finely chopped
- 2 jars marinated artichoke hea
- 2 of pita bread

Drain artichokes well and tear them apart with your fingers. Cut up pita bread into chip size triangles, seperate and bake on a cookie sheet until crispy (approx 5 minutes). Combine all other ingredients and mash. Bake in a uncovered casserole dish for approx 30 minutes @ 350 or until bubbly. Serve hot out of the oven and scoop up dip with pita bread.

## Fantastic Feta Dip

Yield: 10 servings

- 1 ts minced jalapeno pepper
- 1 sprig fresh dill -- or
- 1 ts dried dill weed
- 4 oz feta cheese
- 4 oz cream cheese
- 1/2 ts salt
- 1 tb buttermilk -- (1 to 3)

Combine all ingredients, except buttermilk in a blender and process. Add buttermilk a tablespoon at a time until desired consistancy is reached. Serve with fresh crudites such as jicama, kohlrabi, zucchini and broccoli.

## Fava Bean Dip

Yield: 2 cups

- 1 lg tomato, coarsly chopped
- 1 md onion, coarsly chopped
- 1 hot chili pepper, halved
- 2 cloves of garlic
- 2 tb soy sauce
- 4 tb chili powder
- 2 tb ground cumin
- 2 c cooked pinto beans or - fava  
- beans

Place tomato, onion, pepper, garlic, soy sauce, chili powder and cumin in a blender. Process on medium speed until smooth. Add 1 cup of beans & process on medium until well blended. Add remaining beans and blend again until smooth. Serve with Torilla chips or crackers.

Yield 2 cups



### Favorite Garlic Dip

Yield: 6 servings

8 oz package cream cheese  
3 tb milk  
5 cloves fresh garlic  
1 salt  
1 parsley  
1 paprika

With for, mix cream cheese and milk in small bowl until it has the texture of peanut butter. Press garlic and add to cream cheese mixture. Salt to taste and mix thoroughly. Garnish with parsley and paprika. Refrigerate until ready to use.

### Festive Herb Dip

- 1 envelope italian/garlic &
- 1 herb salad dressing mix
- 1 c mayonnaise
- 1 c lowfat plain yogurt
- 2 tb fine chopped green onion

Combine ingredients in a bowl. Chill at least 1 hour.

### Festive Roasted Pepper Dip

- 1 ea roasted red peppers, drained
- 1    chopped (5 oz)
- 1 cn green chilies, drained and c
- 1 c    sour cream (8 oz)
- 1 c    kraft real mayonnaise
- 1 tb lemon juice
- 1/2 ts garlic powder

In bowl, mix ingredients until well blended; refrigerate. Serve with vegetable dippers or chips. Makes about 3 cups.

## Feta Cheese Spinach Dip

Yield: 96 servings

8 oz cream cheese  
10 oz feta cheese  
10 oz spinach  
1/4 c milk  
1/2 onions, chopped  
5 garlic cloves, crushed  
1/4 c milk  
1 ts worcestershire sauce  
1 tb thyme  
1/4 ts salt  
4 coriander seeds  
1 tb honey  
1/4 c bread crumbs

Put the cheeses into a blender, and mash them down. You'll need to add milk to get them to blend. Add just enough so that they blend well. Then, put the spinach in in small clumps. Blend, and put more spinach in, until the whole bunch is gone. You'll have a nice green goo.

At this point, if you have a blender specifically for strong veggies, you can put the veggies in with the spinach.

Pour the cheese mix into a medium saucepan. Mix the remaining ingredients in. Add milk to taste. Bring it slow boil, and cook until it's a little more liquidy than you want: it'll thicken as it cools.

Eat with dipping chips. Tortilla chips work great, too.

## Feta Dip (Ostmaestaren)

Yield: 4 servings

- 200 g feta
- 6 tb milk
- 2 tb parsley
- 1 ts lemon juice
- 1/2 ts oregano
- 1 black pepper - ground
- 1 garlic clove -pressed

Mash the feta and the milk. Add parsley, lemon juice, garlic, oregano and black pepper and mix it. Place in the refrigerator for 30 minutes. Serve with cherry tomatoes, olives and sticks of different vegetables.

## French Dip

Yield: 8 servings

3 lb chuck roast -- trimmed  
2 c water  
1/2 c soy sauce  
1 ts dried rosemary  
1 ts dried thyme  
1 ts garlic powder  
1 bay leaf  
3 to 4 peppercorns  
8 french rolls -- split

Place roast in a slow cooker. Add water, soy sauce, and seasonings. Cover and cook on high for 5-6 hours or until beef is tender. Remove meat from broth; shred with forks and keep warm. Strain broth; skim off fat. Pour broth into small cups for dipping. Serve beef on rolls.

### Fresh Fruit Dip

Yield: 6 servings

- 1 egg (beaten)
- 1/2 c sugar
- 1 tb grated orange peel
- 2 ts grated lemon peel
- 2 tb lemon juice
- 1 pt whipping cream (whipped)

Cook and stir over low heat 5 minutes until thick. (should be very thick!) Cool well. Fold cooled ingredients into whipped cream. Serve with fresh fruits, strawberries, bananas, pineapples, etc.

### Fresh Garlic Vegetable Dip

- 1 carrot, finely chopped
- 1/3 c peeled and chopped cucumber
- 1/3 c chopped zucchini
- 2 green onions, minced
- 1 pk 8 oz. cream cheese, softened
- 1/2 c sour cream
- 2 lg cloves fresh garlic, minced
- 1/2 ts salt
- 1/2 ts dill weed
- 3 drops tabasco

Combine all ingredients, cover and refrigerate. Good served with wheat crackers. Makes about 2 1/2 cups.



### Fried Red Pepper Dipping Sauce

10 ea ancho peppers, pre-soaked  
1/2 c cooking oil  
1 md onion, chopped  
1 cn tomato paste, 8oz.  
1 ts salt

Soak the ancho peppers in warm water until soft, then grind them into a paste. Heat the oil in a frying pan, adding the chopped onion, the ground peppers, tomato paste and salt. Fry for about 1 minute.

### Fried Shrimp Dip

Yield: 4 servings

- 1 sugar
- 1 water
- 1 sweet peppers
- 1 salt
- 1 vinegar
- 1 pineapple juice
- 1 cornstarch
- 1 paprika

Blend above ingredients to desired taste and serve with fried shrimp.

### Fruit Dip 1

- 3/4 c brown sugar
- 8 oz sour cream
- 8 oz cream cheese
- 8 oz cool whip
- 6 oz chopped unsalted peanuts
- 1/3 c kahlua
- 1 fresh fruit

Combine all ingredients together except fruit. Refrigerate overnight.  
Use fresh fruit to dip.

## Fruit Dip 2

Yield: 2 cups

7 oz jar marshmallow topping

1 tb lemon juice

8 oz pkg. cream cheese

Blend together. Use to dip strawberries, pineapple, blueberries, etc.

### Ginger Dip

Yield: 6 servings

- 1 c mayonnaise chilled
- 1 c dairy sour cream
- 1/4 c fine chopped onion
- 1/4 c minced parsley
- 1/4 c fine chopped canned water  
-chestnuts
- 1 tb to 2 tb fine chopped candied  
-ginger
- 2 minced cloves garlic
- 1 tb soy sauce

Combine mayonnaise and sour cream. Stir in remaining ingredients.  
Offer sesame seed crackers or potato chips.

### Gingered Fruit Dip

Yield: 1 1/2 cups

1/2 lb cream cheese  
2 tb icing sugar  
1 tb approx. milk or cream  
1/4 c chopped preserved ginger

In bowl, cream cheese with icing sugar until light and fluffy, adding enough milk to give consistency for dipping. Mix in ginger. Makes about 1 1/2 cups.

### Cucumber Avocado Dip

- 1 tomato
- 2 cucumbers
- 2 c sour cream
- 1 pkg dried italian salad  
-dressing mi; x
- 1 avocado, peeled and diced

Peel, seed and dice tomato. Peel, split lengthwise, seed and dice cucumbers. Thoroughly drain all liquid from tomato and cucumbers. Mix all the ingredients and chill before serving.

Serve with chips or vegetables.

### Guacamole Dip

2 lg ripe avocados  
1 tb grated onion  
1 tb lemon juice  
1/2 ts salt  
1/4 ts chili powder  
1/3 c miracle whip

Mix all ingredients together except the Miracle Whip. Spread the Miracle Whip over the top, sealing edges. Chill for 2 hours. Mix the Miracle Whip into the dip. Serve with potato chips, crackers or corn chips.



## Guacamole Dip 2

Yield: 6 servings

- 1 avocado, peeled and seeded
- 1 tb lemon juice
- 2 tb chopped canned green chiles
- 1/2 c chopped tomato
- 2 tb mayonnaise
- 1 ts salt
- 1/8 ts garlic powder
- 4 drops hot pepper sauce

Cooked artichokes, chilled (optional)

Puree avocado with lemon juice in blender. In small bowl, combine avocado mixture, green chiles, tomato, mayonnaise, salt, garlic powder and hot pepper sauce. Cover and chill 1 hour. Serve with chilled artichokes, if desired.

### Guacamole Dip 3

1/2 c miracle whip  
1 lg avocado, peeled and mashed  
1 sm chopped tomato  
1/4 c minced onion  
1/4 c diced green chilies, drained  
1 tb lemon juice  
1/2 ts salt

Combine all ingredients and mix until blended. Cover and chill until serving time. Makes 2 cups. From: Los Angeles Times.

### Hacienda Dip

Yield: 6 servings

1 pk cream cheese, softened  
1 jar (250 ml) salsa

Cream together cream cheese and salsa. Chill for 1/2 hour. Serve with Nacho or Tortilla chips.

### Hamburger Broccoli Dip

Yield: 8 servings

- 1 pk (10oz) frozen chopped
- 1    broccoli, cooked
- 1/2 lb ground beef
- 1/2 ts salt
- 1 lb velveeta, cubed
- 1 cn (10oz) tomatoes with green
- 1    chilies
- 1    corn chips

Brown meat and salt; drain. Add cheese and cook until melted. Add tomatoes and broccoli. Warm through and serve with chips.

### Harlequin Dip

1/2 c sour cream  
1/2 c mayonnaise  
1/2 c chopped, ripe olives  
1 ts worcestershire sauce  
1/2 ts prepared mustard  
1/2 ts curry powder

Blend sour cream and mayonnaise. Add remaining ingredients; mix well, cover and refrigerate for 1 hour. Makes 1 1/2 cups Crisp carrot and celery sticks are the perfect go-withs for this dip.

### Hazelnut Cheddar Cheese Dip

Yield: 1 recipe

- 2 c finely grated sharp cheddar
- 1 c unflavored yogurt or- sour  
-cream
- 1/2 c finely chopped hazelnuts  
-(roasted o; regon hazelnuts
- 1 1/2 ts dry mustard

Mix all ingredients together. Chill. Serve with potato chips or well-chilled vegetable sticks.

### Healthy Choice Crab Dip

Yield: 8 servings

- 1/2 c nonfat yogurt -- or sour
- 1 cream
- 2 tb fat free mayo
- 8 oz fat free cream cheese --
- 1 softened
- 1 ts prepared horseradish
- 1/2 ts dry mustard
- 1/2 ts worcestershire sauce
- 1/2 ts hot pepper sauce
- 1 c fat free cheddar cheese
- 1/2 lb imitation crab -- flaked
- 1 paprika

Combine yogurt, mayo, cream cheese, and seasonings. Mix well. Then, stir in cheddar cheese and crab. Cover and chill for 2 hours. Sprinkle with Paprika. Serve with crackers, bread sticks or veggies.

### Hearty Party Dip

- 1 cn (11.5-oz) condensed bean
- 1    with bacon soup
- 1/4 c open pit special recipe
- 1    original flavor barbecue
- 1    sauce
- 2 tb minced green pepper
- 1    if desired
- 1 ts minced onion
- 1 ts worcestershire
- 2    hotdogs sliced in 1/4 inch
- 1    pieces

Mix all ingredients, chill. Serve on hearty crackers especially bacon wafers. May also be heated in a saucepan or crockpot, then served on crackers or eaten like soup.



### Herb Tofu Dip

1/2 lb tofu (drained)  
1/2 c green onion chopped  
1 1/4 ts celery salt  
1/2 ts dill weed  
1 tb parsley, chopped  
2 ts herb salt  
1/4 ts onion powder  
2 cl garlic, pressed

Blenderize first four ingredients until smooth Add remaining ingredients and blend again Serve as a dip for a variety of fresh vegetables Makes 1 1/2 cups

## Herbed Vegetable Yogurt Cheese Dip

Yield: 8 servings

3 c yogurt cheese -- see  
: directions  
16 oz 1% cottage cheese --  
: drained  
10 oz frozen chopped spinach --  
: thawed and dried  
1 roasted red bell pepper --  
: peel, seed, chop  
8 oz water chestnuts -- drained  
: and sliced  
3 garlic cloves -- finely  
: chopped  
6 green onions -- chopped  
1 carrot -- shredded  
1 TB Tabasco, or Pickapeppa hot  
: sauce  
1 TB capers -- drained  
1 TB fresh basil -- chopped  
1 TB fresh oregano -- chopped  
1 TB fresh thyme -- chopped  
1 TB curry powder  
2 lemons -- Juice

- : Salt
- : Freshly ground black pepper

In a large bowl, mix together all ingredients and season to taste with salt and pepper. Refrigerate at least 4 hours before serving. Serve with fresh, crisp vegetables, crackers, or toasted pita chips. Makes 4 cups \_\_\_\_ Yogurt cheese \_\_\_\_ To make approximately 3 cups, use 3 16-ounce containers of yogurt. Rinse and squeeze dry a large piece of cheesecloth. Double it and use to line a strainer. Spoon in yogurt, fold over any excess cloth to cover, and set over a bowl to drain overnight, refrigerated. Scrape cheese into a covered container. Final yield will depend on how much liquid was in yogurt.

#### Herbed White-Bean Dip

Yield: 11 servings

- 15 oz cannellini - (white kidney  
-beans) -; rinsed, drained
- 1 tb fresh lemon juice
- 1 lg garlic clove; chopped
- 1 ts olive oil
- 1/2 ts ground cumin
- 1/4 ts dried oregano
- 1 cayenne pepper
- 1 additional dried oregano

Puree first 6 ingredients in processor until smooth. Season with salt and pepper. Transfer mixture to shallow bowl. (Can be made 1 day ahead. Cover and chill. Let stand 30 minutes at room temperature before serving.) Sprinkle with cayenne pepper and additional oregano. Makes about 1-1/3 cups.

### Maritime Crab Dip

Yield: 6 servings

4 oz cream cheese [125 g]  
1/4 c mayonnaise  
3 tb chili sauce  
1 ts fresh parsley, chopped  
1/2 ts pepper  
1/2 ts dijon mustard  
12 oz canned crabmeat, drained  
-2x6oz can; s  
1 green onion, chopped  
1/2 c fresh bread crumbs  
2 tb butter, melted

Serve this warm dip with crackers or with vegetable crudits or pita wedges. It may also be used as a topping for baked potatoes

In bowl, beat together cream cheese with mayonnaise until smooth. Beat in chili sauce, parsley, pepper and mustard. Stir in crabmeat and onion; spoon into greased 2-cup ovenproof dish.

In small bowl, stir together bread crumbs with butter until evenly

moistened; sprinkle over crab mixture. Bake in 325F 160C oven for 20 minutes or until heated through. Broil for 1 minute, or until crumbs are golden brown.

#### Hotter Than Hell Horseradish Dip

Yield: 6 servings

4 TB Horseradish -- Prepared  
2 c Sour Cream  
1 ts Garlic Powder  
1 ts White Pepper

Mix the horseradish and garlic powder blending well. Add the sour cream and the white pepper, again blending well. Cover and chill. Makes about 2 1/4 cups of dip. SUGGESTED DIPPERS: Rolls Of Sliced Roast Beef, Steamed Cauliflower, Bell Peppers, Potato Chips, Snow Peas

## Hummos(Chick Pea Dip)

Yield: 6 servings

- 1 cn chick peas(semi drained)
- 1 sm lemon(juiced)
- 2 cl garlic(crushed)
- 1 tb tahinni(sesame seed paste)
- 1 optional(instead use a little)
- 1 olive oil)
- 1 salt & freshly ground pepper
- 1 \*adjust above amounts to
- 1 suit your taste

\*Blend all ingredients. \*place in an attractive bowl. \*cut small pitas into triangles for dipping.

## Humus Tahini Dip

Yield: 4 servings

- 3/4 c chickpeas; soaked overnight  
-and drain
- 2 garlic cloves; minced
- 1 ts salt
- 1/4 ts pepper
- 6 tb tahini (sesame paste)
- 2 lemons, juiced
- 1 tb corn oil (or as needed)
- 1 tb olive oil
- 1/4 ts paprika
- 1 tb fresh parsley; chopped

In a medium saucepan place the soaked chickpeas and cover them with water. Bring the water to a boil over high heat and vigorously cook the chickpeas for 10 minutes. Reduce the heat to low and simmer the chickpeas for 1½ hours, or until they are tender (add more water if necessary). Drain the water from the chickpeas. Place them in a food

processor (reserve 8 chickpeas for the garnish) and puree them until they are very smooth. Add some water if necessary. In a medium bowl, place the pureed chickpeas. Add the garlic, salt, pepper, tahini, and lemon juice. Mix the ingredients together so that they are well blended. Add the corn oil and mix it in well so that a smooth paste is formed. In a small serving bowl, place the humus. Smooth it down evenly with a knife. Pour the olive oil in the center. Sprinkle on the paprika and parsley. Garnish the dish with the reserved chickpeas. Makes 1 cup.

### Layered Black Bean Dip

Yield: 12 servings

- 15 oz black beans, rinsed and  
-drained, 1; can
- 4 1/4 oz ripe olives; chopped,  
-drained, 1 can
- 1 sm onion; finely chopped
- 1 md garlic clove; finely chopped
- 2 tb vegetable oil
- 2 tb lime juice
- 1/4 ts salt
- 1/4 ts red pepper; crushed
- 1/4 ts cumin; ground
- 1/8 ts pepper
- 8 oz cream cheese; softened, 1  
-pkg
- 2 lg eggs; hard boiled, peeled  
-and c



1 lg green onion; sliced  
15 oz tortilla chips; 1 pkg

Mix the beans, olives, onion, garlic, oil, lime juice, salt, red pepper, cumin and pepper, blending well. Cover and refrigerate for 2 hours. Spread the cream cheese on the bottom of a serving plate. Spoon the bean mixture evenly over the cream cheese. Arrange the eggs on the bean mixture in a ring around the edge of the plate, then sprinkle with the onion. Serve with the tortilla chips.

### Layered Derby Day Dip

Yield: 2 servings

1 pk (3-oz) cream cheese  
1 softened  
1/2 c dairy sour cream  
1/2 c mayonnaise  
1/2 ts chicken-flavor inst  
1 bouillon  
1/8 ts ground red pepper (cayenne)  
2 tb grated parmesan cheese  
3 oz (3/4 c) shredded swiss  
1 cheese  
1 sm tomato, seeded and chopped  
1/2 c diced cooked turkey breast  
2 sl bacon, cooked & crumbled  
2 ts chopped fresh parsley

In small bowl, combine cream cheese, sour cream, mayonnaise, bouillon and ground red pepper; blend until smooth. Let mixture stand 15 minutes to dissolve bouillon; stir.

On 10 1/2-inch serving plate, spread sour cream mixture to 9" circle; sprinkle with parmesan cheese. Top with swiss cheese, tomato, turkey, bacon, and parsley. Serve with crisp crackers or chips. 2 1/2 cups.

### Layered Shrimp Dip

Yield: 1 party

- 1 8 oz pack cream cheese
- 1 milk
- 1/3 bottle chili sauce
- 4 chopped green onions
- 1 can broken shrimp, drained
- 1 sm can chopped ripe olives,  
1 drained
- 1 8 oz pkg. shredded
- 1 mozzarella cheese

On a large dinner plate, spread cream cheese which has been thinned a little with milk. Over this spread chili sauce; then sprinkle on green onion, crumbled shrimp, olives and finish with cheese. Use tortilla chips as dippers, scooping through all layers.

### Layered Tex-Mex Dip

Yield: 16 servings

- 1 c sour cream
- 2 c ground cumin
- 1 ts chili powder
- 1/8 ts salt
- 1 cn (15 oz) black beans,  
1 rinsed and drained,  
1 divided
- 2 ripe avocados, peeled  
1 and pitted
- 1 ts lemon juice
- 1 c chopped iceberg lettuce
- 4 oz cheddar cheese, shredded
- 1 about 1 cup

- 2 small tomatoes, chopped
- 2 tb chopped black olives
- 1 torilla chips

Combine sour cream, cumin, chili powder and salt; set aside. With fork mash 1/2 cup black beans; combine with remaining black beans and 2 Tbs sour cream mixture. With fork mash avocados with lemon juice. In 4 cup glass bowl layer 1/2 bean mixture, all of avocado mixture, 1/2 remaining sour cream mixture, lettuce, remaining bean mixture, cheese, tomatoes and remaining sour cream mixture. Top with olives. Serve at room temperature with chips.

### Layered Tostada Dip

Yield: 1 bowl

- 16 oz cn refried beans
- 1/2 ts chili powder
- 2 ea avocados, peeled & mashed
- 1/2 c salad dressing
- 4 ea crisply cooked bacon strips,  
1 crumbled
- 1/4 c onion, chopped
- 1/2 ts salt
- 1 ds hot pepper
- 1 c tomatoes, chopped
- 4 oz cn green chillis, chopped
- 1 c monterey jack cheese,

1 shredded

Combine beans and chili powder; mix well. In a separate bowl, combine avocados, salad dressing, bacon, onion and seasoning; mix well. Layer bean mixture, avocado mixture, olives, tomatoes, chilies and cheese in shallow bowl. Serve with tortilla chips.

### Lemon Sesame Dip

1/2 c nonfat sour cream --  
1 substitute  
3 tb lemon curd -- bottled  
1 1/2 tb toasted sesame seeds  
1 sl lemon -- optional

In small bowl, combine all ingredients. Stir or whisk until smooth. Makes about 3/4 cup. Garnish with lemon.

### Melon With Yogurt And Ginger Dip

- 1 natural yoghurt
- 1 lemon or lime juice
- 1 glace ginger, chopped
- 1 honey
- 1 scoops of watermelon balls

Take some natural yoghurt, add a squeeze of lime or lemon juice, and mix in a little chopped glace ginger and honey to taste. Serve with melon balls.

### Parma Dip

1 c salad dressing  
1/4 c grated parmesan cheese  
1/4 c milk  
1 tb chopped chives

Combine ingredients, mix well. Prepare dip ahead of time and chill.

## Party Dip

Yield: 10 servings

- 1 loaf sheepherders bread
- 1/4 lb butter
- 1 bunch green onions, chopped
- 12 cloves fresh garlic, minced
- 8 oz cream cheese room temp
- 16 oz sour cream
- 12 oz cheddar cheese
- 1 cn artichoke hearts drained



- 1 and cut into quarters
- 6 sm french rolls, sliced thinly
- 1 but not all the way through

Cut a hole in the top of the bread loaf about 5 inches in diameter. If you wish, make a zigzag pattern to be decorative. Remove soft bread from cut portion and discard. Reserve crust to make top for loaf. Scoop out most of the loaf and save for other purposes, such as stuffing or dried bread crumbs. In about 2 tbsp butter, saute green onions and half the garlic until onion wilt. Do not burn! Cut cream cheese into small chunks; add onions, garlic, sour cream and Cheddar cheese. Mix well. fold in artichoke hearts. Put all of this mixture into hollowed out bread. Place top on bread and wrap in a double thickness of heavy duty aluminum foil. Bake in 350 degree oven for 1 1/2 to 2 hours. Slice French rolls thinly and butter with remaining butter and garlic. Wrap in foil and bake with big loaf for the last 1/2 hour. When ready, remove foil and serve, using slices of French rolls to dip out sauce.

### Peanut Cilantro Dip

Yield: 12 servings

- 1/2 c chunky peanut butter
- 1/2 c peanut oil
- 1/4 c red wine vinegar with garlic
- 1/4 c soy sauce
- 1/4 c fresh lemon juice
- 4 cloves garlic
- 8 to 10 cilantro sprigs,

- 1 leaves only
- 2 ts crushed red pepper flakes
- 2 ts ginger root

Combine garlic, ginger and cilantro leaves in bowl of food processor; chop. Combine remaining ingredients in bowl with chopped garlic, ginger and cilantro. Whirl until combined. Serve with vegetables and/or sourdough bread cubes.

### Peanut Dip

- 1 c sour cream
- 3 tb peanut butter
- 1 tb lemon or lime juice
- 1 tb soy sauce
- 1 garlic clove; minced
- 1 ts ginger root; fresh, minced

1 ds hot pepper sauce; optional

Blend all ingredients till smooth. Use as dip for vegetables, pita crisps, chicken wings or chicken fingers.

Peanut Lime Dipping Sauce - Midsummer Thai Di

Yield: 1 batch

1/4 c peanut butter  
1/4 c soy sauce  
1/4 c fresh lime juice  
1 tb rice vinegar  
3 tb coriander; chopped

1 tb brown sugar  
1/2 ts chinese chili sauce; or  
1 ; 1/4 ts dried chili flakes

You may use either chunky or smooth peanut butter.

Add peanut butter to a small bowl. Slowly whisk in remaining ingredients.

### Peppered Channa Dip

1 recipe channa  
1 md shallot, peeled and minced  
1/2 c pickled hot pepper rings,  
-drained and finely choppe  
1/4 ts garlic salt  
2 tb dry white wine (optional)

Iceberg lettuce leaves, washed and crisped Parsley sprigs

Serve this zesty dip with crackers, chips or crudites.

Beat channa, minced shallot, hot peppers, garlic salt and wine (if using) in a medium-size bowl until well mixed. If made ahead, cover and refrigerate. May be made 1 day in advance.

To serve, mound on a plate lined with lettuce leaves. Garnish with parsley sprigs.

Makes 1 1/2 cups.

### Pepperoni Pizza Dip

Yield: 8 servings

8 oz cream cheese; softened  
1/2 c sour cream  
1 ts oregano

1/3 ts garlic powder  
1/3 c pizza sauce  
1/2 c pepperoni; chopped  
1/4 c green onion; chopped  
1/2 c mozzarella cheese; shredded

Beat together cream cheese, sour cream, oregano and garlic powder.  
Spread in a 9 or 10" pie plate. Spread pizza sauce over cheese mix.  
Sprinkle with pepperoni and green onions. Bake at 350~ for 10  
minutes. Top with Mozzarella Cheese. Bake for 5 more minutes. Serve  
warm.

#### Persian Cucumber Dip

1 c plain yogurt  
1 sm onion -- grated

1 sm cuke -- peeled and diced  
1/4 c each raisins and chopped  
1 fresh mint leaves  
1 salt to taste  
1 pd  
1 pita bread

Combine all ingredients except bread and chill up to 72 hrs. Cut pitas into triangles and toast under broiler; use as dippers. Makes 2 Cups dip.

### Pesto Cheese Dip

1 c cream cheese (softened)

4 tb fresh pesto sauce  
1 c sour cream

Mix together and serve with thinly sliced soda bread or pita. Make the dip with low-fat sour cream and cream cheese to lower the calories and cholesterol.

#### Picante Con Queso (Cheese Dip)

1 jar chunky style picante  
1 sauce.



1 lb velveeta

1    condensed or sweet milk

Cut Velveeta into cubes or chunks and melt in double boiler over low heat. Add picante sauce. Stir until cheese is melted and sauce is well blended. Add sweet milk or condensed milk as desired to obtain proper "dipping" consistency. If necessary, add more velveeta BEFORE adding milk.

Use any cheese dips for nachos, tostadas, topping for 'burgers, spoon over prepared french fries.

Yield: abt. 3 cups

Portuguese Garlic Dip

1 pk 8 oz. cream cheese  
8 lg cloves fresh garlic, minced  
3/4 c real mayonnaise  
1 ts worcestershire sauce  
1 salt and pepper to taste

Mix all ingredients thoroughly, using just enough mayonnaise to reach preferred spreading or dipping consistency. Serve with chips for dipping or crackers for spreading. Makes 2 cups.

Pot Sticker Dipping Sauce

1/2 c soy sauce  
1/4 c rice vinegar or distilled  
1 white vinegar  
2 ts granulated sugar  
1 clove garlic, peeled and  
1 minced  
2 ts finely minced fresh ginger  
1 green onion, including  
1 green part, finely chopped  
1 a few drops hot chili oil

Mix ingredients together and serve in side dish.

- 1 velvetta
- 1 picante sauce

1. Chunk up Velveta in a bowl, dump some Picante sauce (as hot as you like) on top and microwave, stirring occasionally, until melted and smooth.

## Ranch Dip For Vegetables

### -----INGREDIENTS-----

- 1 (24 oz.) carton 1% cottage  
-cheese
- 8 tb lite sour cream
- 1 (1 oz.) pkg. dry ranch  
-dressing mix

### -----RAW VEGETABLES: CELERY STIC-----

- 1 green pepper, etc. for  
-dipping

### -----PREPARATION-----

Use food processor and cream entire carton of cottage cheese until it becomes very smooth and creamy. Blend and cream for about 5 minutes or longer. Add lite sour cream. Blend until well mixed. Add dry ranch dressing mix and blend. Serve as a dip for raw vegetables or use on baked potato. Also good with pretzels.

### Ranch-Style Dressing & Dip Mix

- 1 1/2 tb parsley
- 1 tb salt
- 1/2 tb chives
- 1/4 tb oregano
- 1/4 tb tarragon
- 1/2 tb garlic powder
- 1/4 tb lemon pepper

In a medium bowl, combine all the ingredients. Store in an airtight container. Ranch Dressing: 1/2 cup mayonnaise, 1/2 cup buttermilk, 1 tbsp. mix In a large bowl, whisk together all the ingredients. Refrigerate for one hour before serving. Ranch Dip: 2 tbsps. mix, 1 cup mayonnaise, 1 cup sour cream or yogurt. Combine ingredients. Refrigerate for 2 hours before serving with raw vegetables, or as a topping for baked potatoes or steamed vegetables. Note: Low-fat mayonnaise and low-fat yogurt for sour cream can be used.

## Raw Vegetables With Olive Oil Dip

Yield: 6 servings

- 3 lg carrots -- peeled
- 2 fennel bulbs
- 6 tender sticks celery
- 1 pepper
- 12 radishes -- trimmed
- 2 lg tomatoes or 12 cherry
- 1 tomatoes
- 8 spring onions
- 12 sm cauliflower florets
- 1 dip:
- 1/2 c extra-virgin olive oil
- 1 salt & freshly ground black
- 1 pepper
- 3 tb fresh lemon juice
- 1 (optional)
- 4 leaves fresh basil, torn in
- 1 sm pieces -- (optional)

Prepare the vegetables by slicing the carrots, fennel, celery and pepper into small sticks. Cut the large tomatoes into sections if using. Trim the roots and dark green leaves from the spring onions. Arrange the vegetables on a large platter, leaving a space in the centre for the dip. Make the dip by pouring the olive oil into a small bowl. Add salt and pepper. Stir in the lemon juice and basil, if using. Place the bowl in the centre of the vegetable platter.

## Ro\*tel Famous Cheese Dip

Yield: 3 cups

- 1 lb pasteurized processed cheese
  - spread; , cut into cubes
- 1 cn ro\*tel tomatoes and green
  - chilies

STOVE TOP: In saucepan combine ingredients; stir over low heat until cheese spread is melted.

MICROWAVE: Place ingredients in a covered casserole. Microwave on HIGH until cheese spread is melted, about 5 minutes, stirring once. Makes about 3 1/2 cups of dip.



## Roasted Garlic Bean Dip

Yield: 4 servings

- 1 ea garlic bulb
- 5 tb olive oil
- 14 oz cannellini beans, cooked
- 1 pn rosemary, finely chopped
- 2 tb parsley, chopped
- 1 salt & pepper

Preheat oven to 375F. Carefully break open the garlic bulb & divide into cloves, do not remove skins. Place on a small roasting tray & drizzle with 1 tb olive oil. Roast for 20 to 30 minutes until softened. Carefully squeeze the garlic cloves out of their skins & place in a food processor.

Add beans to the processor & process gradually adding the remainder of the olive oil. Add enough oil to get a thick paste similar to hummus. Beat in the rosemary & parsley & season.

Serve with pita bread.

## Roasted Garlic Puree Dip

Yield: 5 servings

6 lg heads fresh garlic  
2 pk 8 oz. ea cream cheese  
4 oz blue cheese  
3/4 c milk  
2 ts chopped fresh parsley

Remove outer covering on garlic. Do not peel or separate the cloves. Place each garlic head on a large square of heavy aluminum foil. Fold up the foil, so the cloves are completely wrapped. Bake for 1 hour at 350 degrees. Remove garlic from oven and cool for 10 minutes. Separate cloves and squeeze cloves to remove cooked garlic. Discard skins. In food processor, mix cheeses, milk and garlic until smooth. Place in serving dish. Sprinkle with parsley. Serve as a dip with crudites (mixed vegetables) for dipping. Makes 5 cups.

## Roasted Red & Green Pepper Dip

Yield: 6 servings

- 1 red bell pepper
- 1 1/2 c mayonnaise
- 1 ts dried parsley; crushed
- 1 green bell pepper
- 1/2 c sour cream

### -----GARNISHES-----

- 1 fresh parsley; chopped, or
- 1 paprika
- 1 dried parsley; crushed
- 2 tb lemon juice
- 1 tb fresh parsley; chopped, or

Slice the peppers in half, vertically, and remove the seeds. Char under the broiler on both sides (about 5 minutes per side). Remove and cool. Peel and dice the peppers and set aside. Blend the mayonnaise and sour cream until smooth. Mix in the lemon juice and parsley then blend in the peppers. Cover and chill. Garnish with additional parsley and sprinkle with paprika, if desired. Makes about 3 cups of dip. SUGGESTED DIPPERS: Deli Meats, Elephant Garlic Chips, Baby Corn, String Beans, Carrots, Bread Sticks

## Roasted Red Pepper Dip

2 red bell peppers  
3 sl white bread, crusts removed  
1/4 c milk  
1/4 c pitted green olives  
1 clove garlic  
2 tb olive oil  
1 tb fresh lemon juice  
1/2 ts tabasco pepper sauce

### -----GARNISH-----

1 sliced green olives

A pleasant change from guacamole, this dip has the color and taste to compliment crudites, toasted pita bread triangles, or crisp crackers.

## Romesco-Style Roasted Pepper Dip

Yield: 10 servings

- 2 yellow bell peppers - halved
- 2 red bell peppers; halved
- 8 lg whole garlic cloves -  
-unpeeled
- 12 almonds
- 1 tb olive oil
- 1 ts sherry wine vinegar or- red  
-wine vi; negar
- 1 cayenne pepper
- 1 crudites
- 1 toasted pita wedges

Preheat broiler. Line heavy large baking sheet with foil. Arrange peppers cut side down in center of baking sheet; surround with garlic. Broil 6 inches from heat until peppers are blackened and garlic is tender, turning garlic often, about 12 minutes. Gather foil up around peppers and garlic; let stand until cool enough to handle, about 10 minutes. Working over bowl to catch any juices, peel and seed peppers; reserve juices. Keeping red and yellow peppers separate, cut into pieces; transfer to 2 separate bowls. Peel and chop garlic, discarding any hard pieces. Finely chop 6 almonds in processor. Add yellow peppers, half of garlic, 1 teaspoon reserved pepper juice, 1/2 tablespoon oil, 1/2 teaspoon vinegar and pinch of cayenne and puree. Season with salt and pepper. Transfer to small bowl. Using clean processor, repeat with remaining 6 almonds, red peppers, remaining garlic, 1 teaspoon pepper juice, 1/2 tablespoon olive oil, 1/2 teaspoon vinegar and pinch of cayenne. Season with salt and pepper. (Can be made 6 hours ahead. Cover and chill purees separately. Bring to room temperature before serving.) Simultaneously spoon each puree into shallow bowl. Shake bowl gently, allowing purees to meet in center. Serve with crudites and pita wedges. Makes about 1-1/4 cup.

## Rosy Caraway Cheese Dip

Yield: 1 batch

8 oz low-fat cream cheese - at  
-room temp; erature  
1 tb butter; at room temperature  
1 tb dijon mustard  
1 lg shallot; minced  
4 ts caraway seeds  
4 ts paprika  
4 ts capers; drained

-----GARNISH-----

2 tb chopped chives

In a food processor or a bowl, combine all ingredients except capers. Process or mix until very well blended. Add capers and blend in for a few seconds. Chill. Best if made several days ahead.

Serve in a bowl, sprinkled with chives. Pumpernickel, black bread or other dark breads go well with this.

### Sesame Soy Dip

Yield: 14 servings

1/4 c light soy sauce  
2 ts sesame oil  
2 tb rice vinegar or white  
-vinegar

Combine all ingredients in a small bowl; mix well. Makes about 1/4 c.

## Seven Layer Dip

Yield: 6 servings

- 1 cn refried beans (for bottom)
- 2 ea tomatoes, diced\*
- 1 bunch sliced green onions
- 1 sm. can chopped black olives
- 1 c guacamole
- 1 pk taco seasoning
- 1 c sour cream
- 2 c shredded cheddar (top)

\* squeeze seeds and juice from tomato

On a round plate, spread beans. Layer guacamole over beans.  
Mix sour cream and taco seasoning mix, then spread over guacamole.  
Layer half of onions, all tomatoes, and all the cheese on top.  
Sprinkle remaining half of onions on top..

Serve with tortilla chips.



### Seven Layer Fiesta Dip

- 32 oz refried beans
- 4 ripe avocados
- 2 tb lemon juice
- 1 c sour cream
- 1/4 c mayonnaise
- 1 pk taco seasoning mix
- 1 bn green onions -- sliced
- 2 to 3 med. tomatoes -- diced
- 8 oz cheddar cheese -- grated
- 1 or-
- 8 oz monterey jack cheese --
- 1 grated

On a round plate, spread beans. Layer mashed avocados over beans and sprinkle with lemon juice. Mix sour cream, mayonnaise, and taco seasoning mix, then spread over avocados. Layer half of onions, all tomatoes, and all the cheese on top. Sprinkle remaining half of onions on top..Serve with tortilla chips.

### Sherry Tuna Dip

- 8 oz softened cream cheese
- 1/3 c sherry/light cream
- 1/2 ts worcestershire sauce
- 1 cn (7-oz) drained tuna
- 1/4 c regular wheat germ
- 1 tb mayonnaise
- 2 tb sweet pickles
- 1 ts salt
- 1 ts onion flakes

Combine cheese, sherry and mayonnaise in small bowl. Beat until smooth. Add remaining ingredients. Mix well.

### Apple Dip

Yield: 6 servings

8 oz cream cheese, softened  
1/2 c mayonnaise  
2 med apples, chopped  
1/2 c chopped walnuts  
1 tb lemon juice

Blend together cheese and mayonnaise. Add apples, nuts, and lemon juice. Serve with crackers.

### Artichoke Dip

Yield: 4 servings

- 1 c parmesan cheese
- 1 c mayonnaise
- 1 1/2 cn artichoke hearts
- 1 garlic powder

Combine equal amounts Parmesan cheese and mayonnaise. Add garlic powder. Add artichoke hearts and combine with cheese mixture. May be served cold or heated 10 to 20 minutes in 350F oven or until cheese is melted (do not heat in microwave). Serve with chips or as a spread on french bread.

## Artichoke Dip 2

1 cn artichoke hearts

1 c mayo

1 pk good seasons italian salad d

Open hearts and drain. Chop with fork adding dressing mix and mayo. Mix wBetter after chilled a couple of hours.

### Artichoke Spinach Dip

- 1 1/2 oz 340ml jr artichokes drained
- 3/4 c mayonnaise
- 1/2 ts grated lemon rind
- 1 ea salt and pepperr
- 10 oz bag spinach
- 3 tb lemon juice
- 1 ea tabasco to taste

Chop artichoke hearts in food processor fitted with steel blade. Set aside. Wash spinach well. Blanch in boiling water; drain; squeeze dry and chop in food processor. Add chopped artichoke hearts and remaining ingredients and process just until blended. Prepare a day in advance. Serve with vegetable sticks. Yield 2 1/2 cups.

### Avocado And Raisin Dip

Yield: 4 servings

2 ea avocados; peeled & chopped  
1/2 c raisins  
1/2 c vegetable oil  
1/4 c lime juice  
1 ts sugar  
1 ts salt  
1/4 ts freshly ground pepper

Place all ingredients in blender container. Cover and blend on high speed until smooth, about 45 seconds. Serve with raw vegetables, assorted crackers or fried tortillas. Makes 1 2/3 cups of dip.

## Aztec Pyramid Avocado Dip

Yield: 8 servings

- 3 ea avocado; \*
- 2 c sour cream
- 2 c cheddar; sharp, shredded
- 5 ea green onions; sliced, use all
- 2 tb lemon juice
- 1 c cream cheese; softened
- 1 1/3 oz taco seasoning mix; 1 pkg
- 3 c fresh tomatoes; fine chopped
- 1/2 c black olives; sliced

\* Use 3 California Avocados (dark skinned type) that have been peeled

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LAYER 1: (Bottom) Mash the avocados and blend in the lemon juice, mixing well, and spread evenly in a bowl or on a serving plate to the edges of the dish. LAYER 2: Beat the cream cheese until smooth and creamy. Blend in the sour cream, mixing well, and blend in the taco seasoning, blending well. Spread over the avocado layer. LAYER 3: Sprinkle the cheddar cheese over the cream cheese mixture. LAYER 4: Distribute the tomatoes over the cheddar cheese layer. LAYER 5: Spread the green onions over the tomato layer. LAYER 6: Top with the black olives. Serve at room temperature. Makes about 10 1/2 cups of dip. SUGGESTED DIPPERS: Tortilla Chips, Bell peppers, Lobster, Jicama



### Bacon Horseradish Dip

Yield: 2 servings

- 1 c mayonnaise
- 1/4 c bacon bits
- 1 c sour cream
- 1/4 c horseradish

Stir all ingredients until well mixed. Cover; chill. Makes 2 cups.

#### Bacon-Flavored Dip Mix

2 tb instant bacon bits  
1 ts instant beef bouillon  
1 tb instant minced onion  
1/8 ts minced garlic

Combine all ingredients in a small bowl; blend well. Spoon mixture onto a 6-inch square of aluminum foil and fold to make airtight. Label as Bacon-Flavored Dip Mix. Store in a cool, dry place and use within 6 months.

Makes 1 package (about 3 T) of mix.

Bacon Flavored Dip: Combine 1 cup of sour cream and 1 package of mix. Chill at least 1 hour before serving.

Makes about 1 cup of dip.

VARIATIONS: Substitute 1 cup yogurt, 1 cup cottage cheese or 1 (8 oz) package of softened cream cheese for sour cream.

### Banana Bread Dip

Yield: 6 servings

- 1 c ripe bananas; mashed
- 1 ts vanilla extract
- 1/2 c sugar
- 1/4 ts nutmeg; ground
- 1 ts lemon juice
- 1/4 ts salt
- 1 1/2 ts cinnamon; ground
- 1/2 c quick oatmeal; uncooked, \*

\* Do NOT use the instant packets for the oatmeal. Use the Quick Oats.

Mix the bananas and lemon juice, blending well. Add all of the other ingredients, blending well. Serve immediately. Makes about 2 cups of dip.  
SUGGESTED DIPPERS: Fresh Or Dried Fruit, Chocolate Wafers, Pound Cake Cubes, Vanilla Wafers

### Bavarian Liverwurst Dip

Yield: 2 servings

1 c liverwurst  
1/4 c white onion; minced  
1 ts dijon mustard  
1/2 c sour cream  
1 ts dill pickle relish  
1/2 ts white pepper

Blend the liverwurst and sour cream until smooth and creamy. Add all the other ingredients, blending well. May be served at room temperature or chilled. Makes about 1 3/4 cups of dip. SUGGESTED DIPPERS: Cucumbers, Cherry Tomatoes, Radishes, Asparagus, Cocktail Rye Bread, Lavasch Crackers

### Bean And Garlic Dip

Yield: 4 servings

2 c pinto beans; \*  
1/4 c mayonnaise or salad dressing  
1 ea clove garlic; finely chopped  
1 1/2 ts red chiles; ground  
1/4 ts salt  
1 pepper; dash of

\* Pinto beans can be home cooked or canned.

### Bean Dip A La Dr. Pepper

Yield: 2 servings

- 1 ea can red kidney beans, drain
- 3 tb tomato paste
- 2 tb oil
- 1 ts salt
- 1/4 ts black pepper
- 1 ea clove garlic, minced
- 1/2 c dr. pepper
- 4 oz can green chilies, drained
- 1 ts worcestershire sauce
- 1 c sharp cheddar, shredded
- 1 crisp chopped bacon

Combine all ingredients except the last 2 in saucepan; heat to boiling. Pour into blender or electric mixer; add cheese. Blend on high speed until well mixed. Pour into warmer dish; cover with bacon. Serve with chips, crackers.

## Black Bean Dip

Yield: 4 servings

- 1 1/2 c black beans; cooked
- 1/3 c celery; minced
- 1/2 ts coriander; ground
- 1/4 ts salt
- 1 ts dried cilantro; crushed, \*
- 1/3 c carrot; minced
- 1 ts oregano; dried
- 1 ts cumin; ground
- 1/2 c sour cream

### -----GARNISH-----

- 1 fresh cilantro; or
- 1 tb garlic; minced
- 1 parsley; chopped
- 1 tb fresh cilantro; chopped, or

\* Use either the fresh leaves or the dried leaves for this recipe.

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Coarsely mash half the beans by hand. Add the remaining whole beans and all of the other ingredients, blending well. Cover and chill. Garnish with cilantro or parsley. Makes about 2 3/4 cups of dip. SUGGESTED DIPPERS: Bok Choy, Tortilla Chips, Corn Bread Croutons

## Black Bean Dip 2

Yield: 2 cups

- 1 c cooked black beans
- 1/4 c minced carrot
- 1/4 c minced celery
- 1 ts garlic salt
- 1 ts oregano
- 1 ts cumin
- 1/2 ts coriander
- 1/4 ts salt
- 1/4 c sour cream
- 1 tb chopped fresh cilantro
- 1 cilantro for garnish

In a large bowl, coarsely mash half the beans with a fork. Add remaining whole beans and all the other ingredients, mixing well. Cover, and chill 20 minutes. Garnish with fresh cilantro.



### Bloomin' Sauce And Dip

- 8 oz sour cream
- 8 oz picante sauce (pace medium  
-or hot)
- 8 oz cream cheese (room  
-temperature so it is soft)
- 1 garlic (to taste)
- 1 lawry's seasoned salt (to  
-taste)

Mix and put in refrigerator to thicken for a day.

### Brandied Gorgonzola Dip

Yield: 2 servings

1/2 c gorgonzola cheese

1/4 ts white pepper

3/4 c sour cream

3/4 ts brandy

Blend the gorgonzola cheese and sour cream until smooth. Add the remaining ingredients and blend well. Cover and chill. Makes about 1 1/4 cups of dip. SUGGESTED DIPPERS: Cherry Tomatoes, Green Zucchini, Jicama, Pearapple, Anjou Pear, Nectarine

### Broccoli And Mushroom Dip

2 c broccoli, chopped  
1 ea garlic clove  
1/4 lb mushrooms, chopped  
1/4 c yogurt, low fat plain  
1 tb vegetable oil  
1/2 ea onion, chopped  
3/4 c cottage cheese, low fat  
1 pn salt, pepper

Cook broccoli just until tender-crisp, (3 minutes). Drain and put under cold water. In nonstick skillet, heat oil over medium heat; add garlic, onion and mushrooms and cook, until onion is tender. Set aside. In blender, combine cottage cheese and yogurt; season with salt and pepper to taste. Process just until mixed. Cover and refrigerate. Makes 2 1/2 cups.

### Bye-Bye Birdy Curry Dip

Yield: 4 servings

- 2 c water
- 1 1/2 ts lemon juice
- 1 ea md granny smith apple
- 1 c mayonnaise
- 1 c celery; finely diced
- 3/4 c fresh pineapple; crushed, or
- 8 1/4 oz pineapple; crushed, drain  
-well
- 2 ts curry powder
- 1/2 ts salt
- 1/4 ts black pepper
- 1/2 c cashews; chopped
- 1/4 c blue cheese; crumbled, \*

\* Use Gorgonzola cheese if available otherwise any blue-veined cheese will do.

Mix the water and lemon juice in a small bowl. Slice the Granny Smith apple and put the

slices into the lemon water to soak. Set aside. Put the mayonnaise into a serving bowl and add the celery, pineapple, curry powder, salt and pepper and blend well. Fold in the cashews. Remove the apple slices from the lemon water and dice. Stir into the mixture and then stir in the Gorgonzola cheese, blending well. Cover and chill. Makes about 2 cups of dip.

SUGGESTED DIPPERS: Pita Triangles, Bread Chunks, Radishes, Scallions, Turnips, Bell Peppers

### Byron's Famous Killer Cheese Dip

Yield: 1 batch

11 oz cheese soup (one can of  
-condensed soup)  
4 oz green chilies, chopped (i  
-use old El Paso canned ch  
1 md yellow onion, chopped  
1 tb red pepper, crushed  
2 tb chili powder  
1 tb cumin  
1 garlic clove, crushed  
1/4 ts hot sauce (tabasco sauce or  
-hot pepper sauce)  
8 oz sour cream

Mix together all ingredients except the sour cream; heat to boiling at low heat. When blended, correct seasoning (usually needs more cumin and garlic.) Add sour cream and heat until it bubbles slightly. Serve with Tostitos or any natural Mexican-style corn chip.

### Caesar Mayo Dip

Yield: 4 servings

- 2 ea anchovy fillets
- 1 ts dijon mustard
- 1/4 ts black pepper
- 1 tb lemon juice
- 1 1/2 c mayonnaise
- 1 ts worcestershire sauce
- 2 tb parmesan cheese

Chop and mash the anchovy fillets on a cutting board. Put in a bowl and blend in the mayonnaise. Add the remaining ingredients and blend well. Cover and chill. Makes about 1 3/4 cups of dip

SUGGESTED DIPPERS: Seafood, Deli Roast Beef Or Turkey, Radishes, Broccoli, Cauliflower, Snow Peas

### Caramelized Onion Dip

Yield: 6 servings

1 tb unsalted butter  
1 large red onion, sliced  
1/2 c mayonnaise  
1/4 ts cayenne pepper  
1 tb peanut oil  
1/2 c sour cream  
1/4 ts salt  
1 ts red pepper flakes

-----1/8 ts Tabasco sauce-----

Saute onion in butter and oil until caramelized (golden brown), about 20 minutes. Cool and combine the remaining ingredients. Mix well and chill for at least 1 hour. Serve with crackers or chips.

### Caviar, Dill And Purple Onion Dip

Yield: 4 servings

1/2 c cream cheese; softened  
3/4 c sour cream  
3 oz red or black caviar  
1 ts lemon juice  
1 ts dried dill; crushed  
2 ts purple onion; diced

#### -----GARNISH-----

1 ea egg; lg, hard boiled  
1 tb fresh dill; chopped, or

Beat the cream cheese to a smooth consistency. Blend in the sour cream and add the remaining ingredients, blending well. Cover and chill. Just before serving,



garnish with the egg which has been finely chopped.  
Makes about 1 1/2 cups of dip.

SUGGESTED DIPPERS:

Cocktail Rye Bread, Toast Triangles, Cucumber,  
Turnips, Red Bell Peppers Strips.

Cayenne Mayonnaise Dip

Yield: 4 servings

1 1/2 c mayonnaise  
1 cayenne pepper; to taste  
1/2 c sour cream

Blend all of the ingredients together until smooth. Cover and chill.  
Makes about 2 cups of dip

SUGGESTED DIPPERS:

Seafood Chunks, Pineapple, Cherry Tomatoes, Rye Or Cheese Crackers

### Chalupa Dip

Yield: 4 servings

- 3 avocados
- 2 ts lemon juice
- 1/2 ts salt
- 1/4 ts pepper
- 8 oz sour cream
- 1/2 c mayonnaise
- 1 pk taco seasoning mix
- 1/2 c green onion (chopped)
- 3 tomatoes (chopped/drained)
- 8 oz cheddar cheese (grated)

Mash avocados with lemon juice, salt and pepper until smooth. In separate

bowl, mix sour cream with mayonnaise and taco seasoning mix. In loaf pan, layer beans, avocado mix, sour cream mix, onions, tomatoes and cheese.

### Cheese Dip

Yield: 12 servings

2 lb velveeta cheese

1 cn rotell tomatoes    \*\*

\*\* DRAIN AND CHOP TOMATOES                      \*\*

MELT CHEESE IN MICROWAVE OR OVER LOW HEAT ON STOVE TOP. STIR IN TOMATOES AND HEAT MIXTURE THROUGH.

### Chile Con Queso (Chile Cheese Dip)

- 1 c monterey jack cheese
- 1/2 c cheddar cheese
- 1/4 c heavy cream
- 1 med. sized tomato, peeled > > >
- 1 chopped fine.
- 1 med. onion, chopped fine
- 1/4 c parched green chiles
- 1 clove garlic, crushed

In double boiler over low heat, melt cheeses. When cheese melts, stir in

cream gradually, stirring constantly. Add remaining ingredients. Stir to blend flavors. More cream may be necessary; if so, add only little bit at a time--a little goes a long way. Serve warm in chafing dish, etc.

Yield: abt. 2 cups.

### Chili Con Queso Dip

Yield: 1 recipe

16 oz pasteurized process cheese  
-spread -; cut into cubes  
3/4 c canned tomatoes, chopped  
1 tb hot chili peppers - finely  
-chopped

Place cheese cubes in the top of a double boiler over boiling water. Stir constantly until cheese is melted. Stir in tomatoes and hot peppers until well blended and creamy. Serve hot with tortilla or corn chips.

NOTE: Dip must be kept hot during serving in order to prevent excess thickening. A hot plate or chafing dish may be used.

Makes 2-1/2 cups

#### Chili Dip

2 cn chili with no beans, large  
1 lb cheddar cheese; shredded  
1 c sour cream  
1 c picante sauce

Microwave chili until hot. Add shredded cheddar cheese and mix until cheese is melted. Return to microwave if needed. Add sour cream and picante sauce (I use hot). Mix well. Serve with nacho chips or plain corn chips.

### Chunky Kidney Bean Dip

Yield: 2 servings

- 1 1/2 c kidney beans; cooked
- 1 ts lemon juice
- 1 tb cumin; ground
- 1/4 c sour cream
- 1 ts hot sauce
- 1 tb coriander; ground

Mash the beans by hand, using a fork or the back of a wooden spoon. Blend in the sour cream, mixing until smooth. Add all the other ingredients and blend well. Cover and chill. Makes about 1 3/4 cups of dip. SUGGESTED DIPPERS: Polish Sausage, Celery, Corn Crackers

#### Clarence's Krabdip

- 16 oz sour cream
- 16 oz philadelphia cream cheese
- 2 ea onions, small, chop fine
- 3 ts garlic (polaner/fiesta)
- 2 ts white pepper
- 1 ts red pepper



2 ts horseradish (or 2 piece  
1 ea half bottle chives  
8 oz louis rich krab (or more)  
2 ts lemon & herb seasoning  
1/2 cn mushrooms

Chop onions in blender or processor. Be careful of adding liquid to the dip and making it runny. Chop Krab into small (but identifiable) pieces. Combine the cream cheese and sour cream in Blender/Processor. Add the spices and blend them in. Add onions and Krab and mix well. (Mix by hand to avoid chopping the Krab into smaller pieces)  
Store in refrigerator for several hours. If Dip is too runny, add some dehydrated onions to absorb the excess liquid. Serve with crackers, chips or vegetables.

#### Classy Mustard-Garlic Mayonnaise Dip

Yield: 4 servings

1 ts dijon mustard  
1 c mayonnaise  
1 ts fresh tarragon; chopped, or  
1 ts fresh parsley; chopped, or  
1/2 ts garlic powder

1 ts capers  
1 ts dried tarragon; crushed  
1 ts dried parsley; crushed

Blend all of the ingredients, together until smooth. Cover and chill.  
Makes about 1 1/4 cups of dip.

SUGGESTED DIPPERS: Shrimp, Crabmeat, Duck,  
Brussels Sprouts, Jimcama, Radishes.

### Cocktail Crab Dip

Yield: 4 servings

3/4 c catsup  
2 tb prepared horseradish  
1/8 ts hot sauce  
1/2 c crabmeat; flaked, or

6 oz crabmeat; flaked, drain well  
1 c cream cheese; softened  
3 tb white onion; diced  
1/8 ts salt

Combine the catsup, horseradish and hot sauce. Remove any remaining filament from the crabmeat. Add the crabmeat to the catsup mixture and continue to blend. Add all other ingredients and blend till smooth. Serve at room temperature. Makes about 2 1/2 cups of dip.

SUGGESTED DIPPERS:

Salty Potato Chips, Potato Skins, Green Bell Peppers, Turnips

Cold Clam Dip

Yield: 4 servings

10 oz clams  
6 oz philadelphia cream cheese  
1 ts lemon juice

1/2 ts salt  
1/8 ts pepper  
1 ts worcestershire sauce  
1 ea garlic clove (pressed)  
1 tabassco sauce

Blend all ingredients together. Let set for 2 hours before serving.  
Potato chips and all party crackers are good with this dip.

### Cold Spinach Dip

Yield: 4 servings

1 pk spinach chopped(cook/drain)  
1 c water chestnuts(drain/chop)

1 pk knorr vegetable soup mix  
1 c mayonnaise  
8 oz sour cream

Mix all. Refrigerate 2 days. Serve with crackers.

Contemplating Cape Cod Clam Dip

Yield: 4 servings

1/2 c clams; minced, or

6 1/2 oz clams; minced, well drained  
1 c cream cheese; softened  
1/8 ts hot sauce  
1 ts lemon juice  
1/4 ts worcestershire sauce  
2 tb clam juice  
1 tb chili sauce  
1 tb onion juice

Blend the clams, clam juice, and cream cheese to a smooth consistency. All all of the other ingredients and blend well. Cover and chill. Makes about 1 3/4 cups of dip

SUGGESTED DIPPERS: Carrots, Fennel,  
Zucchini, Wheat Crackers

Corn And Walnut Dip

Yield: 8 servings

16 oz cream cheese; softened, 2 pk  
1/4 c vegetable oil  
1/4 c lime juice  
1 tb red chiles; ground  
1 tb cumin; ground  
1/2 ts salt  
1 pepper; dash of  
8 3/4 oz corn; whole kernel, drained  
1 c walnuts; chopped  
1/4 c onion; chopped, 1 small

Beat all ingredients except corn, walnuts and onion in a large bowl, with an electric mixer on medium speed, until smooth. Stir in corn, walnuts, and onion.  
Serve with tortilla chips. Makes 4 cups of dip.

Cottage Cheese Dip

Yield: 4 servings

1/4 c cucumber; diced  
1/4 c radish; diced  
1/2 c sour cream  
1/4 ts black pepper  
1/4 c green onion; diced, use all  
1/2 c cottage cheese  
1/2 ts celery salt

Mix the cucumber, green onion, and radishes together then blend in the cottage cheese and sour cream. Add the celery salt and pepper blending all of the ingredients well. Cover and chill. Makes about 1 3/4 cups of dip

SUGGESTED DIPPERS: Pita Bread Triangles, Potato Skins, Seafood, Turnips, Bok Choy

Cottage Cheese-Herb Dip



Yield: 1 recipe

- 1 c cottage cheese, creamed
- 2 tb lemon juice
- 2 tb milk
- 2 tb salad dressing (mayonnaise)
- 2 tb green onions, chopped
- 1/4 c parsley, coarsely chopped
- 1/2 ts tarragon leaves
- 1 ds pepper

Mix ingredients in a blender, scraping sides of blender jar with a rubber scraper and reblending as required until mixture is smooth and creamy.

Serve with fresh vegetable sticks.

Makes 1-1/3 cups dip

Yield: 6 servings

3 tb fresh dill; chopped, or  
1 tb dried dill; crushed  
1 tb lemon juice  
1 c sour cream  
1 ts salt  
1/2 ts white pepper  
2 tb white onion; grated  
1 c mayonnaise

Mix the dill and lemon juice together to soften the dill. Blend in all of the other ingredients until almost smooth. Cover and chill. Makes about 2 1/4 cups of dip.

SUGGESTED DIPPERS: Red Cabbage, Broccoli, Zucchini, Tomatoes, String Beans, Cocktail Rye Bread, Seafood, Apples, Nectarines

## Crab Dip

Yield: 12 servings

- 1/2 c mayonaise
- 1/2 c sour cream
- 1 celery
- 1 green onion
- 3/4 lb mock crab, flaked
- 1 dill

Take mock crab and flake it into small pieces, place in a bowl. Cut up enough celery and green onions to add to mixture. Shake an ample amount of dill into mixture. Add mayonaise and sour cream. Chill thoroughly. Best if chilled overnight. Stir just prior to serving. Serve with crackers. Great dip!!

## Creamy Avocado With Bacon Dip

Yield: 4 servings

- 1 ea ripe avocado
- 1/2 c sour cream
- 1/4 ts hot sauce
- 2 tb imitation bacon bits
- 1 ts lemon juice
- 1/4 ts onion powder
- 2 tb bacon; crumbled, 2 strips, or
- 2 tb cucumber; finely diced

Pit, peel, and mash the avocado with a fork. Blend in the lemon juice, blending well and then add the sour cream, blending well. Mix in all the rest of the ingredients, blending well. Cover and chill. Makes about 1 1/4 cups of dip.

SUGGESTED DIPPERS: Green Bell Pepper, Bok Choy, Celery, Pita Bread, Radishes, Aged Cheddar Cheese, Cheese Crackers

## Creamy Purple Onion And Basil Dip

Yield: 6 servings

- 1 c cream cheese; softened
- 1/4 c fresh basil; chopped, or
- 4 ts dried basil; crushed
- 1 c sour cream
- 1/4 c carrot; shredded
- 1/4 c purple onion; chopped
- 1/4 ts salt
- 1/4 ts black pepper

Beat the cream cheese to a smooth consistency, gradually adding the basil. Blend in the sour cream and add the remaining ingredients, blending well. Cover and chill. Makes about 2 1/2 cups of dip.

SUGGESTED DIPPERS: Unsalted Potato Chips, Water Crackers, Green Bell Peppers, Mushrooms, Brussels Sprouts, Fennel, Smoked Deli Meats

### Cumcumber Dill Dip

Yield: 2 servings

- 8 oz cream cheese, softened
- 2 ea cucumbers, seeded, chopped
- 1 tb lemon juice
- 1/2 ts hot pepper sauce
- 1 c mayonnaise
- 2 tb sliced green onion
- 2 ts snipped fresh dill

Beat cream cheese until smooth. Stir in remaining ingredients until well mixed. Cover; chill. Makes 2 1/2 cups.

### Curried Garlic Dip

Yield: 4 servings

1 c plain yogurt  
1 ts dry mustard  
2 ts garlic powder  
1 c sour cream  
2 ts curry powder

Add each ingredient in the order listed, blending constantly until all are well blended and the mixture is smooth. Cover and chill. Makes about 2 cups of dip.

SUGGESTED DIPPERS: Zucchini, Mushrooms, Cherry Tomatoes, Deli Meats, Chicken Drumettes

## Curried Yogurt Dip

Yield: 4 servings

3/4 c plain yogurt  
2 ts curry powder  
1 ts lemon juice  
1/2 ts honey  
1/4 ts black pepper  
1/8 ts hot pepper sauce

GARNISH: finely chopped almonds or walnuts, optional.  
In a bowl, combine ingredients, stirring well. Spoon into serving bowl. If possible allow to set for 30 minutes at room temperature before serving. Garnish.

Makes 1 cup.

Serve with fresh vegetables or pita crisps.



## Curry Dip

Yield: 4 servings

- 1 qt mayonnaise (no dressing)
- 1 ea worcestershire sauce (dash)
- 3 ea green onions (chopped)
- 1 crazy salt
- 1 black pepper
- 1 tb curry powder
- 1 seasonings

Mix all ingredients together and serve with fresh vegetables. Let stand in refrigerator for 1 hour before serving; tastes better chilled.

## Curry Garlic Dip

1 pt mayonnaise  
3 tb chili sauce  
1 tb curry powder  
1 tb garlic powder  
1/4 ts salt  
1/4 ts pepper  
1 tb grated onion  
1 tb worcestershire sauce

1. Combine all ingredients in a large bowl and mix well. Cover and refriger
2. Present with an assortment of lightly blanched and raw vegetables.

About 2 cups of dip

Artichoke hearts Asparagus Broccoli Carrots Cauliflower Celery Cherry  
tomatoes Cucumber Mushrooms Peppers(green, red, yellow and orange)  
Radishes Snow Peas Zucchini

### Curry-Lime Dip

Yield: 4 servings

- 4 ts lime juice
- 1 ts garlic; minced
- 1 cayenne pepper; to taste
- 2 ts dijon mustard
- 1 c mayonnaise
- 1 ts curry powder

Mix the lime juice and mustard, blending well. Add the garlic. Whisk in the mayonnaise and then blend in the spices, blending until almost smooth. Cover and chill. Makes about 1 1/2 cups of dip.

SUGGESTED DIPPERS: Chicken Drumettes, Onion Crackers, Chicory, Cauliflower

### Cypress Bayou Dip

- 8 oz cream cheese; softened
- 4 1/2 oz shrimp; broken and drained
- 2 ts ketchup
- 1 ts instant minced onion
- 1 ts prepared mustard
- 1 ts worchestershire sauce
- 1/4 ts garlic salt

Soften cream cheese in microwave with the DEFROST setting.

In a 1 quart casserole dish, stir together cream cheese, shrimp, ketchup, minced onion, mustard, Worchesteshire sauce, and garlic salt; blend well. Microwave 4 to 6 minutes on DEFROST. Serve with crackers.

### Debbie's Chalupa Dip

Yield: 4 servings

- 3 ea avocados
- 2 ts lemon juice
- 1/2 ts salt
- 1/4 ts pepper
- 8 oz sour cream
- 1/2 c mayonnaise
- 1 pk taco seasoning mix
- 1/2 c green onion (chopped)
- 3 ea tomatoes (chopped/drained)
- 8 oz cheddar cheese (grated)

Mash avocados with lemon juice, salt and pepper until smooth. In separate bowl, mix sour cream with mayonnaise and taco seasoning mix. In loaf pan, layer beans, avocado mix, sour cream mix, onions, tomatoes and cheese.

### Delightful Dip

- 3/4 lb smoked trout; or salmon
- 8 oz cream cheese; softened
- 2 tb half and half
- 2 tb lemon juice
- 1/4 ts garlic salt
- 1 crackers
- 1 chips
- 1 vegetables

Remove any remaining bones and flake the fish. Combine all ingredients mixing thoroughly. Chill. Serve with assorted crackers, chips or vegetables.

Makes 2 cups.

### Diabetic Onion Dip

Yield: 2 servings

- 8 oz plain lo-cal yogurt
- 1/2 onions, finely chopped
- 2 ts lemon juice
- 2 tb parsley
- 1 ds hot pepper sauce
- 1 ds horseradish
- 1 ds salt and pepper

Combine all ingredients. Chill thoroughly.

### Dill Dip

Yield: 1 batch

3 oz cream cheese  
1 tb green olive, pimento-stuffed  
- (finely chopped)  
1 ts onion, grated  
1/4 ts dill, dried  
1 ds salt  
2 tb light cream (or less)

Combine first 5 ingredients. Stir in enough cream to make the mixture have dipping consistency. Chill. Serve in a hollowed-out whole loaf of bread. Use the discarded bread for dipping.



### Domesticated Chick-Pea Dip

Yield: 6 servings

6 ea garlic cloves  
1 c olive oil  
3 c chick-peas; cooked  
1/4 ts black pepper  
1/2 c lemon juice

#### -----GARNISH-----

1 parsley; chopped  
1 tb salt

Place the garlic, pepper, olive oil, lemon juice, and salt in a food processor or blender and puree until the garlic is finely chopped (if preparing by hand, finely dice and mash the garlic, then mix with the other ingredients). Add the chick-peas and continue mixing to a smooth paste. Garnish with the chopped parsley. Maybe served at room temperature or chilled. Makes about 4 1/2 cups of dip

SUGGESTED DIPPERS: Pita Bread Or Toast Triangles, Scallions, Bland Water Crackers, Red Cabbage

## Drunken Tuna Dip

Yield: 6 servings

- 1 1/2 ts brandy
- 1/4 c sour cream
- 3/4 c fresh tuna; flaked, or
- 2 ts green onion; minced
- 1/8 ts hot sauce
- 1 c cream cheese, softened
- 1/4 c mayonnaise
- 6 1/2 oz tuna, drained & flaked
- 1 ts lemon juice
- 1/8 ts salt

Beat the brandy and cream cheese to a smooth and creamy consistency. Blend in the sour cream and mayonnaise. Mix in the tuna and green onion, blending well. Add the remaining ingredients and blend until almost smooth. May be served at room temperature or chilled. Makes about 2 1/2 cups of dip.

SUGGESTED DIPPERS: Onion Crackers, French Bread Cubes, Cheese Crackers, Celery Root, Cucumber, Radishes, Monterey Jack Cheese Sticks

### Easy Nacho Dip

Yield: 8 servings

1 jars salsa; 15 ozs  
1 lb cheese; shredded  
1 c sour cream

Recipe by: Magazine ad Preparation Time: 0:20 In a saucepan, heat the following just until melted without boiling. Serve hot with tortilla chips.

### Eggplant Caviar Dip

Yield: 6 servings

- 1 ea eggplant; md, about 1 lb.
- 2 ea cloves garlic
- 1/2 ts soy sauce
- 1 c fresh tomato; chopped
- 1 ts dried basil; crushed
- 2 tb olive oil
- 1 tb lemon juice
- 2 tb green onion; diced, use all
- 2 tb fresh parsley; minced
- 1 tb fresh basil; chopped, or

Cut the eggplant in half lengthwise. Bake, cut side down, on a greased cookie sheet at 400 degrees F. for 60 minutes. As the eggplant cools, gently squeeze out the excess water. Use a spoon to scoop pulp from the skin. Place the pulp in a bowl and mash with a fork.

Using a garlic press, crush the garlic into the eggplant. Add all of the other ingredients and blend well. Cover and chill. Makes about 3 1/2 cups of dip.

SUGGESTED DIPPERS: Sesame Crackers, Lavasch Crackers, Cocktail Rye Bread, Scallions, Bell Peppers

### Far East Peanut Dipping Sauce

Yield: 2 servings

- 1 ts soy sauce
- 2 ts rice wine vinegar
- 1 ts sesame oil
- 1/8 ts cayenne pepper
- 4 ts water
- 1 c peanut butter; chunky
- 1 ts chili paste with garlic
- 1/4 c mayonnaise

Mix the soy sauce and vinegar together and set aside. Put the peanut butter in a bowl and mix in the sesame oil, blending thoroughly. Then mix in the chili paste and cayenne pepper, blending well. Add the soy sauce blending well. Blend in the mayonnaise and serve at room temperature. Makes 1 1/4 cups of dipping sauce.

SUGGESTED DIPPERS: Beef Satay, Shrimp, Crayfish, Sesame Crackers, Scallions, Cherry Tomatoes, Snow Peas

### Fennel Seed-Onion Dip

Yield: 4 servings

1/2 ts fennel seeds  
1 c sour cream  
1/2 ts salt  
1 ts paprika  
1 c cream cheese, softened  
1/4 c white onion; minced  
1/4 ts black pepper

Beat the fennel seeds and cream cheese together until smooth. Whip in the sour cream. Blend in all the other ingredients, mixing well. Cover and chill. Makes about 2 cups of dip.

SUGGESTED DIPPERS: Carrots, Zucchini, Turnips, Crab, Butterflake Biscuit Chips

### Fiesta Dip

Yield: 12 servings

1/2 cn refried beans

1/4 c salsa

1/2 c cheddar cheese, shredded

1/2 ea green chili pepper, chopped

Combine all ingredients and place in crock pot. Cover and heat 30 to 60 minutes until cheese is melted. Serve with tortilla chips or corn chips.

### French Onion Dip

Yield: 4 servings

1/2 c mayonnaise  
1 pk knorr french onion soup mix  
2 c sour cream

Stir all ingredients until well mixed. Cover and chill 1 hour. Makes 2 1/2 cups



### Fresh Vegetable Dip

- 1 c low fat cottage cheese
- 1/2 c plain, low fat yogurt
- 1/2 ts dill weed
- 1 ea clove garlic, minced
- 2 ea green onions, chopped
- 1 tb fresh parsley, chopped

PLACE COTTAGE CHEESE IN BLENDER AND PROCESS UNTIL SMOOTH. ADD REMAINING INGREDIENTS AND PROCESS UNTIL MIXED WELL. PLACE IN BOWL, COVER, AND CHILL FOR AT LEAST ONE HOUR OR UNTIL READY TO SERVE. MAKES ABOUT 1 1/2 CUPS.

### Fruit Dip

Yield: 5 servings

1 jar of marshmallow cream  
8 oz cream cheese

Mix cream cheese and marshmallow cream together and put back in jar. use with blueberries, bananas, strawberries.

### Garbanzo Dip (No Tahini)

Yield: 1 recipe

- 1 c am garbanzo flour
- 1 1/2 c water
- 1 c tofu
- 1/4 c lemon juice
- 1/4 c water
- 1 tb honey
- 3/4 ts sea salt (optional)
- 1/4 ts garlic powder (or more)

Mix the garbanzo flour and water in a saucepan. Bring to a simmering boil, stirring constantly. Remove from heat. Mix the remaining ingredients together in a blender and blend until smooth. Stir into the cooked garbanzo paste. As the dip sits, it will become thicker. If necessary, add a little water to reach the desired consistency.

### Garlic Mayonnaise Dip

Yield: 4 servings

1 ts garlic; minced  
1/4 c olive oil  
1/4 c green onion; finely chopped  
2 c mayonnaise

Mix the garlic, chopped green onion tops and bottoms, and the oil thoroughly. Add the mayonnaise and blend the mixture well, until the oil is absorbed into the mayonnaise. Cover and chill. Makes about 2 1/2 cups of dip.

SUGGESTED DIPPERS: Asparagus, Red Bell Pepper, Broccoli, Potato Skins, Roast Beef, Turkey

### Garlic, Cheese, And Nut Dip

Yield: 4 servings

- 2 ea garlic cloves
- 1/2 c cream cheese; softened
- 1/2 c sour cream
- 1/4 c white onion; diced
- 1 1/2 ts paprika
- 1 1/2 ts curry powder
- 1 1/2 ts chili powder
- 1 ts dried dill; crushed
- 1 c cheddar; sharp, shredded
- 1/3 c walnuts; chopped
- 1 tb fresh dill; chopped, or

Crush the garlic with a garlic press and beat into the cream cheese until the mixture is smooth. Blend in the sour cream. Mix in the onion, spices, and dill, blending well. Fold in the cheddar cheese and nuts. May be served at room temperature or chilled. Makes about 2 1/2 cups of dip.

SUGGESTED DIPPERS: Sesame Crackers, Celery, Radishes, String Beans

### Garlicky Clam Dip

Yield: 8 servings

- 8 oz cream cheese
- 1/2 ts salt
- 1/2 tb garlic
- 1 fresh ground pepper (dash)
- 7 oz clams; drained and minced
- 1/4 c clam broth
- 1 1/2 ts worcestershire
- 2 ts lemon juice

Using garlic press, squeeze pulp and juice into softened cheese. Cream with a spoon until smooth. Gradually add the remaining ingredients, blending until smooth. For thinner dip, add more clam broth. Serve with crackers, chips or veggies.

## Garlicky Garbanzo Bean Dip

Yield: 6 servings

3 c garbanzo beans; cooked  
1/4 c water  
1/2 c tahini; sesame paste  
1/3 c lemon juice  
1 ts cumin; ground

### -----GARNISHES-----

1 lemon slices  
1 parsley; chopped  
1 paprika  
1 1/2 tb garlic; chopped  
1 tb salt  
2 tb olive oil

Puree the beans with the water in a food processor or blender to the consistency of a smooth, mashed-potatolike paste. (The beans can also be mashed with the water by hand) Add the tahini, lemon juice, garlic, salt and cumin. Continue mixing until light and fluffy. Put into a serving bowl and swirl in the olive oil. Sprinkle on paprika and garnish

with lemon slices and chopped parsley. Serve at room temperature. Makes about 4 1/4 cups of dip.

SUGGESTED DIPPERS: Pita Bread Triangles, Celery, Carrots, Fennel, Cheddar Cheese

### Ginger Lime Dip

1/2 c mayonnaise  
1/2 c sour cream  
2 ts grated lime peel  
1 tb lime juice  
1 tb honey  
1/2 ts ground ginger

Stir all ingredients until well mixed. Cover; chill.  
Serve with fruit. Makes 1 cup.



### Golden Citrus-Raisin Dip

Yield: 6 servings

1 ea orange; md, \*  
2 c golden raisins  
1/2 c plain yogurt  
1 c pecans; chopped  
1/2 c mayonnaise

\* Seed and quarter the orange but DO NOT peel.

Combine all of the ingredients in a food processor or blender and process to a chunky consistency. Cover and chill. Makes about 4 1/2 cups of dip.

SUGGESTED DIPPERS: Ladyfingers, Plum Wafers, Pineapple, Ham, Chicken Drumettes, Celery

### Green Chili Salsa Dip

Yield: 6 servings

- 12 ea tomatillos; \*
- 5 ea jalapeno peppers; \*\*
- 1 1/2 ts fresh tarragon; chopped, or
- 1/2 ts sugar
- 1/8 ts black pepper
- 2 tb lime juice
- 1/2 c yellow onion; chopped
- 1 1/2 ts garlic; minced
- 1/2 ts dried tarragon; crushed
- 1/2 ts salt
- 3 tb fresh cilantro; chopped
- 2 tb olive oil

Coarsely chop the tomatillos and place in a bowl. Add all the other ingredients and mix well. May be served at room temperature, or chilled. BEWARE AS THIS DIP IS VERY VERY HOT!!!!!! Makes about 3 1/2 cups of dip.

SUGGESTED DIPPERS: Corn Tortillas, Potato Skins, Celery, Jicama, Monterey Jack Cheese, Cheddar Cheese

#### Green Onion Dip

- 1 c mayonnaise
- 1 c sour cream
- 1/2 c sliced green onion
- 1/2 c parsley sprigs
- 1 ts dijon mustard
- 1 ea clove, crushed

In blender or food processor blend all ingredients until almost smooth. Cover; chill. Makes 2 cups.

### Guacamole (Avocado Dip)

- 2 avocados
- 2 ts fresh lime juice
- 1/2 ts salt
- 2 green onions
- 1/2 fresh tomato, peel, chop fine
- 1 clove garlic, crushed
- 2 tb fine chop jalapeno, seeded
- 1/2 ts cilantro, minced

Cut avocados into halves, remove pits, and scoop flesh into a mixing bowl. Mash with fork, masher or hand elec. mixer on low speed briefly. Add lime juice, salt, and remaining ingreds. and stir in. If you like it hotter, add another jalapeno or two. Desireable texture should be a little chunky.

Yield: 2 cups approx.

## Guacamole 2 (Avocado Dip)

- 2 avocados, sliced, pitted
- 1 med onion, minced
- 1/3 c chunky style picante sauce
- 1 juice of 2 limes
- 2 cloves garlic, pressed
- 1 salt to taste
- 1 ds accent

Scoop out avocados using large serving spoon. Place in mixing bowl and mash with fork, masher, or elec. hand mixer on low speed briefly. Texture should be slightly chunky. Stir in remaining ingredients. Add a little more picante sauce to "loosen" mixture if necessary or desirable.

Yield: 2 cups approx.

### Hamburger Bean Dip

- 1 lb hamburger meat
- 2 lg cans of refried beans
- 1 lg onion, chopped
- 1/2 c hot sauce
- 1/2 lb longhorn cheese
- 1 c cream

Slightly brown hamburger meat in skillet. Drain and pour into crock pot. Add refried beans, onion and hot sauce; stir well. Cook until onion is done. Add cheese and sour cream; stir well. Simmer about 30 minutes.

### Hamburger Dip

Yield: 12 servings

- 1 lb hamburger
- 1 lb sausage
- 1 sm onion
- 1 sm can chili peppers
- 1 cn golden cream of mushroom  
-soup
- 1 lb velveeta cheese
- 1 garlic powder
- 4 oz sour cream

Fry 2 meats and onion, drain well. Add other ingredients and cook until cheese is melted. Serve with chips. (Can be kept warm in crock pot on low setting.)

### Hickory-Smoked Cheese Dip

Yield: 2 servings

1 c cottage cheese  
1/2 c sour cream  
1/4 ts garlic; minced  
1/2 ts salt; hickory-smoked  
1 tb green onion; minced, use all

Blend the cottage cheese and sour cream until smooth.  
Add the remaining ingredients blending well. Cover  
and chill. Makes about 1 1/2 cups of dip.

SUGGESTED DIPPERS: Potato Chips, Water Crackers, Ham,  
Mushrooms, Snow Peas



### Horseradish Dip Chicago-Style

Yield: 5 servings

1/2 lb velveeta cheese, cubed  
1/3 c sauceworks horseradish sauce  
1/4 c milk

Stir all ingredients in a sauce pan over low heat until cheese is melted or microwave until smooth, 4 to 5 minutes.  
Serve hot with vegetable sticks or hot cooked chicken nuggets or french bread cubes. Makes about 1 1/3 cups dip.

### Hot Cheddar Bean Dip

Yield: 2 servings

1/2 c mayonnaise  
16 oz pinto beans drained, mashed  
1 c shredded cheddar cheese  
4 oz chopped green chilies  
1/4 ts hot pepper sauce

Stir all ingredients until well mixed. Spoon into small overproof dish. Bake at 350 degrees F 30 minutes or until bubbly. Makes 2 1/2 cups.

### Hot Chili-Cheese Dip

Yield: 12 servings

- 1 ea medium onion, chopped
- 2 ea garlic cloves, minced
- 2 ts cooking oil
- 3 ea tomatoes, peeled and chopped
- 1/2 ts chili powder
- 1/4 ts hot pepper sauce
- 1/2 c cheddar cheese, shredded
- 1 tb cornstarch

In a medium saucepan, cook onion and garlic in the oil until tender but not browned. Stir in tomatoes, chili peppers, chili powder and hot pepper sauce. Boil uncovered for 10 minutes. Stir together cornstarch and 1 Tablespoon cold water; stir into tomato mixture and cook stirring constantly until thickened and bubbly. Add cheese to mixture and stir until melted. Serve warm with tortilla strips.

### Hot Crab Dip

Yield: 8 servings

- 1 lb crabmeat
- 8 oz cream cheese, softened
- 1 ea medium onion, finely diced
- 2 ts horseradish
- 1 tb milk
- 2 tb worcestershire sauce (opt.)
- 1 salt and pepper
- 1 almonds, sliced

Mix all ingredients except Almonds with fork. Place in uncovered casserole dish and bake at 350 until bubbly, 20 to 30 minutes. Sliced Almonds may be sprinkled on top before baking. Serve with crackers.

#### Hotter Than Heck Horseradish Dip

Yield: 6 servings

4 ts horseradish; prepared  
2 c sour cream  
1 ts garlic powder  
1 ts white pepper

Mix the horseradish and garlic powder blending well. Add the sour cream and the white pepper, again blending well. Cover and chill. Makes about 2

1/4 cups of dip.

SUGGESTED DIPPERS: Rolls Of Sliced Roast Beef, Steamed Cauliflower, Bell Peppers, Potato Chips, Snow Peas

#### Hungarian Spiced Cheese Dip

Yield: 2 servings

1 c cottage cheese  
2 ts hungarian paprika  
1 ts caraway seeds  
1 ts capers; mashed  
1/2 ts mustard; dry  
1/2 c sour cream

2 tb green onion; chopped,use all

Strain the cottage cheese in a colander to remove the excess water then cream in a blender or food processor or with an electric mixer. Put into a bowl and add the paprika, caraway seeds, capers, mustard and green onion. Blend all of the ingredients together until almost smooth. Blend in the sour cream. Cover and chill. Makes about 1 3/4 cups of dip.

SUGGESTED DIPPERS: Chicken, String Beans, Cherry Tomatoes, Chili Peppers

### Jalepeno-Cheese Dip - Texas Style

Yield: 10 servings

1 pt mayonnaise  
1 lb processed cheese (velveeta)  
1 ea med or large onion  
5 ea greenpickledjalapeno peppers  
1 chips or dippers

For variety, pickled carrots can be substituted for Jalapenos. For different effects, additional carrots and/or jalapenos can be finely diced and added to the dip. Dip increases in jalapeno strength with age.

#### Kristi Yamaguchi's Crowd Pleasing Classic Dip

8 oz philly cream cheese  
1 pk italian dressing mix  
8 oz plain yogurt  
1 tb milk



BEAT ALL INGREDIENTS IN A SMALL BOWL. REFRIGERATE. SERVE WITH VEGGIES.

### Layered Bean Dip

Yield: 8 servings

1/4 c sour cream  
1/4 c mayonnaise  
1/2 pk taco seasoning

10 1/2 oz bean dip or refried beans  
2 ea medium avocados, mashed  
1/2 c cheddar cheese, grated  
1/2 c jack cheese, grated  
4 ea green onions, chopped  
4 3/16 oz chopped ripe olives  
3 ea tomatoes, diced  
2 ea bags tortilla chips

Mix together sour cream, mayonnaise and taco seasoning. Set aside. Use a 9" or 10" pie pan or disposable aluminum pizza pan. Spread a layer of bean dip or refried beans on bottom of pan. Spread avocados over beans in an even layer. Spread sour cream mixture on top. Sprinkle on grated cheddar and grated jack cheese, followed by a layer of olives and a layer of tomatoes. Refrigerate at least 1 hour before serving. Serve with bowls of tortilla chips. Serves 8.

#### Lemon-Tarragon Dip

Yield: 4 servings

4 tb fresh tarragon; chopped, or  
4 ts dried tarragon; crushed

1 ts lemon juice  
1 c mayonnaise  
2 ts capers

Mix all the ingredients, blending well. Cover and chill. Makes about 1 1/4 cups of dip.

SUGGESTED DIPPERS: Seafood, Turkey, French Bread, Fennel, Yellow Zucchini, Carrots

Linda's Bean Dip

Yield: 6 servings

1 cn bean dip

8 oz sour cream  
1 cn chunky salsa  
1 cn black olives  
1 c shredded cheese

Layer each ingredient in dish. Put in just enough sour cream to cover beans

Longhorn Quick Chili Dip

Yield: 4 servings

1 c cottage cheese  
15 oz chili with beans; 1 can  
1 1/2 ts cumin; ground  
3/4 c cheddar; sharp, shredded  
1 tb hot sauce  
1 tb lemon juice

Cream the cottage cheese in a blender or food processor or with an electric mixer. Blend the chili in, mixing well. Add the hot sauce, lemon juice and cumin. Pour into a bowl and blend in the cheddar cheese, reserving a little for a garnish. Cover and chill. Makes about 3 3/4 cups of dip.

SUGGESTED DIPPERS: Tortilla Chips, Celery, Cucumber, Bread Sticks, Deli Meats, Pickled Baby Corn, Carrots

Madras Dip

Yield: 4 servings

2 ea hard-boiled eggs  
2 c sour cream  
2 c curry powder  
1 ts onion (grated)  
2 tb green pepper (grated)  
2 tb celery (grated)  
1 seasonings

Add diced eggs to all other ingredients which have been smoothly blended in blender. Consistency is thin. Chill; sprinkle with paprika and serve with corn chips.

Mango Cream Dip

Yield: 4 servings

1 c cream cheese; softened  
1/2 c mango chutney

Beat the cream cheese to a smooth and creamy consistency and blend in the mango chutney, mixing well. Cover and chill. Makes about 1 1/2 cups of dip.

SUGGESTED DIPPERS: Sesame Crackers, Pineapple, Melon, Crab, Chicken, Ham

Mary Anne's Spinach Dip

Yield: 2 cups

- 1 pk knorr vegetable soup
- 1 c sour cream
- 1 c mayonaise
- 1 pk frozen chopped spinach,  
1 (cooked and drained)

Mix all ingredients the night before using. Refrigerate overnight.  
Great with crackers, pumpernickle bread etc.



## Mashed Bean Dip

- 2 c drained,cooked pinto beans
- 2 green onions, minced
- 3/4 c jack or cheddar,grated
- 1/4 ts cilantro, minced
- 1 tb chili powder
- 1/2 ts salt
- 1 clove garlic, crushed
- 2 tb bacon drippings

Mash beans, add the other ingreds. except the fat, and mix well, seasoning with salt and garlic to taste.

Heat fat in chafing dish, add the mixture and stir until cheese is melted and the dip is bubbling. Serve warm with freshly made tostadas.

Yield: approx. 2 cups

## Mexican Cheese Dip

Yield: 12 servings

1/2 lb velveeta

1 ts taco seasoning (optional)

1/2 cn ro-tel tomatoes with chilies

Cube cheese and place in crock pot. Cover and heat 30 to 60 minutes, until melted, stirring occasionally. Stir in tomatoes and seasoning. Cover and continue heating 30 minutes. Serve with tortilla chips or corn chips.

## Mexican Pinto Bean Dip

Yield: 4 servings

3 c pinto beans; cooked  
1/4 c water  
1/2 c monterey jack; shredded  
1/2 c chili powder  
1 1/2 ts salsa verde; hot green salsa

Puree the beans to a coarse paste in a blender or food processor or mash by hand. Place the bean paste in a sauce pan with the water and heat. Mix in all the other ingredients, blending well, and simmer until the cheese is melted, about 5 minutes. Put in chafing dish and serve hot. Makes about 3 3/4 cups of dip.

SUGGESTED DIPPERS: Tortilla Chips, Black Cocktail Rye Bread, Bell Peppers, Celery, Monterey Jack Cheese Cubes or Sticks

### Mild Chip Dip

Yield: 4 servings

1/2 c cream cheese

1/2 c mayonnaise

1 ts chopped green onion

MIX ALL INGREDIENTS.

ADD ANY OF THE FOLLOWING:

## Nacho Dip Texas-Style

Yield: 32 servings

- 1 lb ground beef
- 1 lb bulk, hot, pork sausage
- 2 lb velveeta cheese, cubed
- 10 1/2 oz cream of mushroom soup
- 10 1/2 oz diced tomatoes and -
  - 1 green chilies, diced
  - 2 ts garlic powder
  - 1 ts black pepper

Brown the meat and sausage in a dutch oven; drain. Add remaining ingredients and heat until velveeta is melted. Mix well. Continue heating until mixture is very warm. Serve with tortilla chips. Makes 8 cups of dip.

## Neighbor's Cucumber-Dill Dip

Yield: 4 servings

- 1 ea cucumber; md
- 1/4 ts white pepper
- 2 ts dried dill; crushed
- 1 1/2 c mayonnaise
- 3/4 c sour cream
- 1/4 c green bell pepper; diced
- 2 tb fresh dill; chopped, or

Peel, seed and finely dice the cucumber. Using a colander, squeeze out any excess water from the cucumber chunks. Place in a bowl and blend with the pepper and dill. Blend in the remaining ingredients and mix thoroughly. Cover and chill. Makes about 3 cups of dip.

SUGGESTED DIPPERS: Broccoli, Cauliflower, Radishes, Carrots, Onion Crackers

### Not Miss Lily's Olives Dip

Yield: 4 servings

- 1 c cream cheese; softened
- 1/4 c black olives; chopped
- 1 ts dried parsley; crushed
- 1 tb paprika
- 1 c sour cream
- 1/2 ts garlic powder
- 2 tb worcestershire sauce
- 1 tb fresh parsley; chopped, or

Beat the cream cheese to a smooth consistency. Blend in the sour cream and then the remaining ingredients. Blend well. Cover and chill. Makes about 2 1/4 cups of dip.

SUGGESTED DIPPERS: Scallions, Jalapeno Peppers, Celery Root, Potato Chips, Duck Sausage

## Onion Dip, Lo Cal

1 c cottage cheese, lo fat  
1 tb lemon juice  
1/2 c plain yogurt, low fat  
1/4 c green onion, chopped  
1 ts salt  
1 pn pepper

Base dip. Add onion soup mix, parsley, basil, artichoke, dill, shrimp, crab, or curry as desired. In blender, process cottage cheese with lemon juice until blended. Add other ingredients. Process just until mixed. Refrigerate four hours, or overnight.



### Onion-Cheese Dip Mix

1 tb instant minced onion  
1/2 ts instant beef bouillon  
1 tb grated parmesan cheese  
1/4 ts garlic salt

Combine all ingredients in a small bowl; blend well. Spoon mixture onto a 6-inch square of aluminum foil and fold to make airtight. Label as Onion-Cheese Dip Mix. Store in a cool dry place and use within 3 to 4 months.

Makes 1 package (about 3 T) of mix. This recipe may be increased to make more packages of mix.

Onion-Cheese Dip: Combine 1 cup sour cream with 1 package of mix. Chill at least 1 hour before serving.

Makes about 1 cup of dip.

VARIATION: Substitute 1 cup cottage cheese or 1 (8 oz) package of softened cream cheese for sour cream.

### Open Sesame-Ginger Dip

Yield: 4 servings

- 3 ts dijon mustard
- 2 ts soy sauce
- 1/2 ts sesame seeds
- 3 ts green onion; chopped
- 1/2 ts ginger, ground
- 1 ts sesame oil
- 1/4 ts black pepper
- 1 c sour cream

Mix the mustard, ginger and soy sauce, blending well. Blend in the sesame oil, sesame seeds, pepper and green onion, blending thoroughly. Blend in the sour cream. Cover and chill. Makes about 1 1/4 cups of dip.

SUGGESTED DIPPERS: Chicken Strips Or Cubes, Fried Wonton, Noodle Chips, Bok Choy

## Orange-Ginger Dip

Yield: 4 servings

- 1 1/2 ts ginger, dried
- 1/2 c sour cream
- 1/2 ts orange zest
- 1/2 c cream cheese, softened
- 1/4 c orange juice

Beat the ginger and cream cheese to a smooth consistency, then add the sourcream, blending well. Add the orange juice and orange zest, blending well. Cover and chill. Makes about 1 1/4 cups of dip.

### SUGGESTED DIPPERS:

Apricots, Chicken, Pound Cake Cubes

## Oriental Dip

Yield: 10 servings

- 1 c nonfat mayonnaise
- 1 c nonfat sour cream
- 8 oz can water chestnuts,  
1    drained and finely chopped
- 2 tb chopped pimentos
- 1 tb chopped green onions -- or  
1    to taste
- 1 ts beef bouillon granules
- 1/2 ts worcestershire sauce
- 1/4 ts garlic powder
- 1 ds cayenne pepper

Combine everything and mix well. Cover and chill. Stir before serving. Any 2-cup combination of sour cream, mayonnaise, or drained yogurt may be used.

Makes about 2 1/2 cups.

### Patout's Hot Crab Dip

- 1/2 c butter (1/4 lb)
- 2 ea medium yellow onions, choppe
- 1 ea small bell pepper, chopped
- 2 ea garlic cloves, minced
- 1 pt heavy cream,
- 1 c green onions, chopped
- 1/2 c parsley, chopped
- 1 ts dried basil
- 1 ts dried thyme
- 2 ts salt
- 2 ts ground black pepper
- 1 ts ground white pepper
- 1 5-6 shots tabasco sauce
- 1 lb fresh white crab meat

Melt the butter in a medium saucepan over medium heat. Add the onions, bell pepper, and garlic and saute for 10-15 minutes, until wilted. Stir in the cream and bring to a simmer. Stir in the cream and bring to a simmer. Stir in the green onions, parsley, herbs, and seasonings and continue to simmer until the cream has reduced by about a quarter and the sauce is thick. Stir in the crab meat, return to a simmer, and let cook 2-3 minutes more. Pour into a chafing dish and serve as an hors d'oeuvre or as part of a buffet with crackers or Melba toast.

### Peanut Butter Dip

- 1 onion; grated
- 1 c chunky peanut butter
- 2 ts fresh lemon juice
- 1 ds hot pepper sauce
- 1 assorted crudites \*

Press onion through strainer to extract juice. Mix 3 tablespoons onion juice, peanut butter, lemon juice and hot pepper sauce in small bowl. (Can be prepared 2 days ahead. Cover tightly and refrigerate. Bring peanut butter dip to room temperature before continuing.) Garnish peanut butter dip with fresh chives. Serve with crudites.

\* Assorted crackers or fresh vegetables

### Peanut Chili Dip

Yield: 4 servings

- 1/3 c peanut butter (any variety)
- 3 tb water
- 2 tb soy sauce
- 2 tb lemon juice
- 2 ts honey
- 2 cloves garlic, finely minced
- 1 tb chili powder
- 1 ds crushed dried red pepper

GARNISH: finely chopped peanuts and dash of paprika, optional.  
Stir peanut butter and water into a paste and add other ingredients, mixing well. Spoon into serving bowl. Garnish.  
Makes 2/3 cup

This dip is perfect with bland crackers, or with a variety of fresh vegetables, such as carrots, broccoli, green or red pepper, or cauliflower.

NOTE: Add more water if your peanut butter is too firm.

### Pineapple-Walnut Dip

Yield: 6 servings

- 1 c cottage cheese
- 1/2 c sour cream
- 1 c pineapple, crushed
- 1 c walnuts; chopped
- 1/2 ts lemon juice
- 1/4 ts lemon zest

Cream the cottage cheese in a blender or food processor or with an electric mixer. Blend in the sour cream. Add all the other ingredients and mix well. Cover and chill. Makes about 2 3/4 cups of dip.

SUGGESTED DIPPERS: Vanilla Wafers, Chicken, Pears, Strawberries



### Popular Artichoke Dip

1 cn artichoke hearts; drained  
1 c mayonaise  
1 c grated parmesan

Mix all and bake at 350 for 20-30 minutes. Serve with crackers.

### Quick Bacon-Spinach Dip

Yield: 6 servings

10 oz frozen chopped spinach; \*  
1/2 c crisp bacon; crumbled, \*\*  
2 1/4 ts fresh dill; chopped, or  
1/2 ts garlic powder  
1/2 c imitation bacon bits; or  
1 c mayonnaise  
3/4 ts dried dill; crushed  
1/8 ts cayenne pepper

\* Thaw and drain one 10-oz package of frozen, chopped Spinach \*\* 6 or 7 slices of bacon cooked until very crisp should give you this

Squeeze as much water as possible from the spinach. Mix the bacon and spinach and add the other ingredients, blending well. Cover and chill. Makes about 2 3/4 cups of dip.

SUGGESTED DIPPERS: Apples, Fennel, Zucchini, Monterey Jack or Cheddar Cheese Sticks, Toast Triangles, Pears

### Randy Red Salsa Dip

Yield: 4 servings

- 2 c fresh tomatoes; diced
- 1/4 c onion; coarsely chopped
- 1 1/2 ts garlic; minced
- 1/8 ts salt
- 1/4 ts oregano; dried
- 3/4 ts lime juice
- 1 tb jalapeno pepper, coarse chop
- 1 tb fresh cilantro; chopped

Mix the tomatoes and onion, blending well. Add all the other ingredients, blending well. Let stand for 1 hour before serving for the flavors to meld. May be served at room temperature or chilled. Makes about 2 1/4 cups.

SUGGESTED DIPPERS: Potato skins, Thick Green Bell Pepper Wedges, Oysters, Mushroom Caps

### Raw Vegetable Dip

Yield: 8 servings

1/2 pt mayonnaise  
1/2 pt small curd cottage cheese  
1/8 c grated onion  
1/8 ts tabasco sauce  
1/8 ts garlic powder  
1/4 ts celery seed  
1/2 ts dry mustard  
1 salt and pepper to taste

Blend all ingredients together. Refrigerate until ready to use. Serve with chips or any raw vegetables. Marge Andrews

### Sensational Broccoli Dip

Yield: 2 cups

1 pk frozen broccoli (thawed)  
1 (10 1/2 oz)  
1 c sour cream  
1/2 c becal dressing  
1/4 ts nutmeg

Chop broccoli into fine pieces in a medium bowl or food processor.  
Combine broccoli, sour cream, dressing and nutmeg until smooth.

## Red Bean Dip

5 oz red kidney beans; (dried)  
2 cl garlic  
1 jalapeno pepper; cored and s  
1/4 c water  
1/2 c corn oil  
1 1/2 ts cider vinegar  
1/2 ts paprika  
1/2 ts fresh ground pepper  
1/4 ts chili powder  
1/4 ts salt  
1 ds tabasco sauce

Cover the beans with cold water and soak overnight

Drain beans; place them in a saucepan, and cover with cold water. Bring to a boil, then lower heat and simmer about 45 minutes or until beans are tender. Drain and cool completely. Mix all ingredients in blender or food processor.

### Rich And Creamy Refried Bean Dip

Yield: 2 servings

1 c refried beans  
1/4 c fresh tomato; chopped  
1/8 ts salt  
1/2 c sour cream  
1 ts salsa verde; hot green salsa  
1 black pepper; to taste

#### -----GARNISH-----

1 cheddar; sharp, shredded  
2 tb black olives; chopped

Mix the beans and sour cream, blending thoroughly. Blend in all of the other ingredients except the garnish, blending well. Cover and chill. Garnish with the cheddar cheese just before serving. Makes about 1 3/4 cupsof dip.

SUGGESTED DIPPERS: Cucumber, Cheese Crackers, Jicama, Broccoli

### Richer Ro\*tel Dip

- 1 lb processed cheese
- 1 cn chili w/o beans; small
- 10 oz ro\*tel tomato w/green chili
- 1 lb pork sausage

Brown sausage. Melt cheese with RO\*TEL Tomatoes and Green Chilies, add chili and sausage. Heat and mix thoroughly. Serve with corn chips.



## Roasted Eggplant Dip

Yield: 8 servings

- 1 1/2 lb eggplant, halved lengthwise
- 2 plum tomatoes, halved
- 1 sm onion, quartered
- 4 lg cloves garlic, unpeeled
- 1 sprig fresh thyme, or
- 1 pn dried thyme leaves, crumbled
- 2 tb olive oil
- 1 fresh parsley, minced
- 1 toasted pita bread triangles

Preheat oven to 400oF. Place eggplant, skin side up, in a large roasting pan. Add tomatoes, onion, garlic and thyme. Drizzle oil evenly over vegetables. Bake until eggplant is very tender when pierced with a knife, about 50 minutes. Cool vegetables slightly.

Peel eggplant and garlic. Transfer eggplant pulp, garlic, tomatoes, onion and any liquid in bottom of pan to the work bowl of a food processor. Add thyme leaves, discarding stem. Puree until smooth. Transfer to a bowl and season with salt and pepper. (Can be prepared 1 day ahead; refrigerate.) Garnish with parsley and serve dip at room temperature with pita bread triangles.

## Roasted Red And Green Pepper Dip

Yield: 6 servings

- 1 ea red bell pepper
- 1 1/2 c mayonnaise
- 1 ts dried parsley; crushed
- 1 ea green bell pepper
- 1/2 c sour cream

### -----GARNISHES-----

- 1 fresh parsley; chopped, or
- 1 paprika
- 1 tb fresh parsley; chopped, or
- 1 dried parsley; crushed
- 2 tb lemon juice

Slice the peppers in half, vertically, and remove the seeds. Char under the broiler on both sides (about 5 minutes per side). Remove and cool. Peel and dice the peppers and set aside. Blend the mayonnaise and sour cream until smooth. Mix in the lemon juice and parsley then blend in the peppers. Cover and chill. Garnish with additional parsley and sprinkle with paprika, if desired. Makes about 3 cups of dip.

### SUGGESTED DIPPERS:

Deli Meats, Elephant Garlic Chips, Baby Corn, String Beans, Carrots, Bread Sticks

### Roquefort Cheese Dip

Yield: 2 cups

1/2 lb roquefort cheese (room temp)  
3/4 lb cream cheese cut into pieces  
1 (at room temp)  
3/4 ts garlic, minced  
3/4 ts worcestershire sauce  
3/4 ts tabasco sauce

Use an electric mixer to beat the Roquefort in a medium bowl until smooth. Gradually beat in the cream cheese. Add the remaining ingredients and beat until well combined and smooth. Serve at room temperature.

### Rotel Cheese Dip

1 cn (10oz) ro\*tel tomatoes and  
-green ch; ilies  
1 lb velveeta processed cheese

: To one can of RO\*TEL , add 1 pound of VELVEETA pasteurized process cheese which has been melted in a double boiler.

: Microwave Instructions: Cut cheese into cubes; place cheese and RO\*TEL in a covered casserole dish for 10-12 minutes, or until cheese has melted.

### Rotel Dip

- 1 lb hamburger meat
- 1 lb sausage
- 1 lg onion, finely chopped
- 1 lb jalapeno cheese
- 1 lb velveeta cheese
- 1 cn ro-tel tomatoes
- 1 cn cream of chicken soup

Brown hamburger meat and sausage together; set aside. Saute onions, set aside. Melt the jalapeno cheese and Velveeta cheese; add RoTel tomatoes and soup. Add hamburger meat, sausage and sauteed onion; heat until bubbly. Serve with chips.

### Salmon Dip

Yield: 4 servings

1 cn red sockeye salmon  
1 1/2 tb onion (chopped)  
6 oz cream cheese  
1/2 ea juice from a lime

Mix all ingredients thoroughly; let set in refrigerator 3 hours before serving.

## Salsa Dip

Yield: 4 servings

4 ea tomatoes (chopped/drained)  
2 pk green onions (chopped)  
1 cn black olives (chopped)  
1 cn green chilies (chopped)  
1 tb olive oil  
1 tb vinegar  
1 tb garlic salt

Mix; refrigerate at least 1 hour (better overnight). Serve with tortilla chips.

### Sausage Dip

- 1 lb ground meat
- 2 lb velveeta cheese
- 1 cn ro-tel tomatoes
- 2 chili peppers, chopped
- 1 lb ground sausage
- 1 onion, minced
- 1 cn cream of mushroom soup
- 1 ts garlic powder

Cook meat and add chunks of cheese and melt. Add the rest of the ingredients and mix well. Serve hot.



### Sesame-Cheese Dip Mix

- 1 tb grated parmesan cheese
- 1/2 ts salt
- 1 dash pepper
- 2 ts toasted sesame seeds
- 1/2 ts celery seed
- 1/8 ts garlic powder

Combine all ingredients in a small bowl; blend well. Spoon mixture onto a 6-inch square of aluminum foil and fold to make airtight. Label as Sesame Cheese Dip Mix. Store in a cool, dry place and use within 4 months.

Makes 1 package (about 2 T) of mix. This recipe can be increased to make more packages.

Sesame-Cheese Dip: Combine 1 cup of sour cream and 1 package of mix. Chill at least 1 hour before serving.

Makes about 1 cup of dip.

VARIATION: Substitute 1 cup yogurt for sour cream.

### Sherried Cheddar Cheese Dip

Yield: 4 servings

- 1 1/2 c cheddar; sharp, shredded
- 1/2 ts hot sauce
- 1 tb sherry
- 1/2 c sour cream
- 1/4 ts garlic powder
- 1 tb jalapeno pepper; chopped

Blend the cheddar cheese and the sherry well. Blend in the sour cream and then add all the rest of the ingredients. Serve at room temperature.  
Makes about 2 cups of dip.

SUGGESTED DIPPERS: Celery, Carrots, Radishes, Tomatoes,  
Polish Sausage, Cantaloupe, Crenshaw or Casaba Melon

### Shrimp & Cheese Dip

Yield: 4 cups

- 1 lb cream cheese
- 2/3 c cottage cheese
- 8 oz frozen tiny shrimp
- 3 tb minced roasted and
- 1 peeled red pepper
- 1 ts minced fresh garlic
- 1 ts dijon mustard
- 1 hungarian paprika, salt
- 1 and pepper to taste.

Combine cream cheese and cottage cheese in large bowl and beat until light and fluffy. Fold in all remaining ingredients. Transfer dip to crock or serving bowl. Cover and chill until ready to serve.

### Shrimp Dip

Yield: 4 servings

- 1/4 c milk
- 1 c mayonnaise
- 3 ea tabasco sauce (drops)
- 1 tb worcestershire sauce
- 1/4 ts garlic salt
- 1 ea onion (chopped)
- 8 oz cheddar cheese (cubed)
- 5 oz shrimp (drained)

Place all ingredients in blender and blend until smooth. Served chilled.

### Shrimp Dip #2

Yield: 6 servings

- 8 oz cream cheese
- 1 cn cream of shrimp soup
- 4 oz tiny shrimp
- 1/4 ts lemon juice
- 1 pn of garlic salt or powder

Beat softened cream cheese, cream of shrimp soup, lemon juice and garlic salt (don't overbeat). Add shrimp and mix well. Refrigerate overnight.

### Shrimp Dip Delight

Yield: 4 cups

1 lb shrimp, raw  
8 oz cream cheese  
2 c green onion, chopped fine  
3 tb lemon juice  
2 tb parsley, chopped  
1/2 ts salt  
1/8 ts cayenne pepper  
1/2 c mayonnaise  
1/2 c celery, chopped

Boil, peel and devein shrimp. Chop finely and set aside. In a bowl, blend cream cheese with onion, celery, lemon juice, parsley, salt, cayenne

pepper, and mayonnaise. Fold in chopped shrimp and refrigerate overnight.

### Shrimp Louis Dip

Yield: 3 servings

- 1 c mayonnaise
- 1/3 c fine chopped green pepper
- 1 tb horseradish
- 1/8 ts pepper
- 1 c sour cream
- 1/4 c chili sauce
- 1/4 ts salt
- 2 c fine chopped cooked shrimp

Stir all ingredients until well mixed. Cover; chill. Makes 3 cups

### Shrimp Mousse Dip

- 1 cn tomato soup
- 2 md scallions, finely chopped
- 1 pk knox unflavored gelatin
- 1 lb shrimp, cooked and chopped
- 1 pk cream cheese (8oz)
- 1 celery stalk, finely choppe
- 1/4 c water
- 1 c best food mayonnaise

Dissolve tomato soup and cream cheese over a low heat. Remove from



heat. Mix together the gelatin and water. Mix all the ingredients together and put into a mold or pan. Chill for at least 2 hours. Serve with various types of crackers

### Siam Chili Dipping Sauce

Yield: 2 servings

1/3 c water  
1/3 c white vinegar  
1/3 c granulated sugar  
1/2 ts chili paste with garlic  
1/4 ts salt  
1/2 ts garlic; minced

In a heavy sauce (preferably enamel), bring the water to a boil. Add the remaining ingredients and return

to a boil. Cook for 2 to 3 minutes or until the sugar is dissolved. Serve hot. Makes about 1 cup of dipping sauce.

SUGGESTED DIPPERS: Fried Wonton, Egg Rolls, Noodle Chips, Seafood

### Silky Apricot Cheese Dip

Yield: 6 servings

3/4 c apricot preserves  
1 c sour cream  
1/4 c almonds; blanched, slivered  
1 c cream cheese; softened  
1 ts almond extract  
2 tb brandy

In a small bowl, mix the apricot preserves and brandy together, then set

aside. Beat the cream cheese to a creamy consistency and blend in the sourcream and almond extract, blending until very smooth. Add the apricot-brandy mixture and blend well. Fold in the almonds. Cover and chill. Makes about 3 cups of dip.

SUGGESTED DIPPERS: Vanilla Wafers,  
Pound Cake Cubes, Muenster Or Monterey Jack Cheese Cubes Or Sticks,  
Chocolate Chunks.

### Smooth And Spicy Boursin Cheese Dip

Yield: 4 servings

1/2 c butter; softened  
1 ea garlic clove; crushed in  
-press  
1 ts italian seasoning  
2 tb walnuts; minced  
1 c cream cheese; softened  
2 ts white onion; finely minced

2 tb milk

Cream the butter and cream cheese together by hand and then blend in the garlic. Blend until almost smooth. Add the onion and Italian seasoning mixing well. Blend in the milk and then blend in the walnuts. Blend until thoroughly mixed. Serve at room temperature. Makes about 1 3/4 cups of dip.

SUGGESTED DIPPERS: Apples, Lavasch Crackers, Potato Chips, Broccoli, Cocktail Rye Bread, Dried Fruit

### Smooth And Tasty Kidney Bean Dip

Yield: 1 recipe

3 c cooked am kidney beans -  
-(1-1/2 cup; s dried)  
1 onion; chopped  
8 oz cream cheese; or... creamy  
-tofu  
1/2 c mild picante sauce

2 tb tamari sauce (optional)  
1 tb chili powder  
1/2 c green enchilada sauce  
1 ts garlic powder

Blend (in blender or food processor) all ingredients. Serve with fresh vegetable pieces or tortilla chips.

### Spicy Dip For Vegetables

Yield: 4 servings

1/4 c seedless raisins  
1 c cottage cheese; cream style  
2 tb vinegar  
1/2 ea onion; small, cut up  
1 ts chili powder

1/2 ts curry powder; to taste  
3/4 ts salt  
1/8 ts black pepper; freshly ground

-----DIPPING VEGETABLES-----

1 ; your choice of veggies

Place raisins in small bowl and cover with hot tap water. Let stand 10 minutes. Meanwhile, in blender container, combine cottage cheese, vinegar, onion, chili powder, curry, salt and pepper. Add drained, soaked raisins. Cover and blend at high speed until smooth and creamy. If necessary, add 1 T water in which raisins were soaked (or plain water) to make good dipping consistency. Serve well chilled with a selection of vegetables, such as cauliflowerets, carrot sticks, blanched green beans, radish roses, broccoli, celery stick, zucchini sticks, or cooked artichokes.

### Spicy Peanut Yogurt Dip

Yield: 2 servings

1/4 c peanut butter  
1 c plain yogurt  
1 ts coriander; ground  
1 1/4 ts cayenne pepper

1/8 ts pepper

Blend the peanut butter and yogurt together, mixing until smooth. Add all of the other ingredients, blending well. Cover and chill. Makes about 1 1/4 cups of dip.

SUGGESTED DIPPERS: Seafood, Kiwi, Plums, Saltines

### Spinach Dip

Yield: 4 servings

250 ml sour cream  
250 ml mayonnaise  
250 g water chestnuts; drained and

5 green onions; chopped (with  
300 g cooked spinach; drained well  
1 knorr dry vegetable soup mix

Mix everything together and refrigerate overnight.

Stir again before serving.

## Spinach Dip 2

Yield: 8 servings

1 pk frozen chopped spinach  
1 cn sliced water chestnuts



1 pk knorr vegetable soup mix  
- (dry)  
1/2 onion chopped  
1 c sour cream  
1 c hellman's mayonnaise  
1 loaf hawaiian bread

Cook and drain spinach and chop water chestnuts and onion. Mix all ingredients. Hollow out center of bread. Serve the dip in the bread. Also good served with vegetables.

### Spinach Vegetable Dip

Yield: 20 servings

1 pk frozen chopped leaf spinach

1 pt helman's mayonaise (16 oz)  
1 c sour cream (8 oz.)  
1/2 c chopped onions

Thaw and drain spinaach well. Thoroughly mix all ingredients together. Chill, for best results, chill overnight. Serve with fresh cut vegetables or with pumpernickle bread.

#### Spinach-Artichoke-Parmesan Dip

3 lb frozen chopped spinach; drai  
8 cn (soup size) artichoke hearts

1 ga mayonnaise  
3 1/2 qt grated parmesan cheese  
2 tb minced garlic

Chop the artichoke hearts together into small pieces. Mix all ingredients

Splendiferous Guacamole Dip

Yield: 8 servings

4 ea ripe avocados; md.lg.  
1/4 c lime juice  
2 c tomatoes; fresh, ripe, diced  
1 c yellow onion; diced  
1 tb jalapeno pepper; diced  
1/4 ts hot sauce  
1/4 c fresh cilantro; chopped, or  
4 ts dried cilantro; crushed

-----GARNISHES-----

1 cilantro  
1 sour cream

Peel and pit the avocados, then coarsely mash them in a bowl with a fork. Mix in the lime juice, blending well. Add the other ingredients one at a time, blending well after each addition, in the order given. Garnish with sour cream and sprinkle a little cilantro on top. May be served at room temperature or chilled. Makes about 5 1/4 cups of dip.

SUGGESTED DIPPERS:

Warm Tortilla Chips, Baby Corn, Black Olives, Jicama, Mushrooms

1 c mayonnaise  
1/3 c sliced scallions  
1/3 c parsley sprigs  
1/2 small clove garlic  
1 ts wine vinegar or lemon juice

In blender or food processor, blend all ingredients 30 seconds or until smooth. Cover; chill. Serve with cut-up vegetables. Makes 1 cup.

Swiss Chalet Dip

Yield: 4 servings

1 c dry white wine  
2 c swiss cheese; shredded  
1 tb unbleached flour  
1 tb brandy  
1 ea garlic clove; crushed in  
-press  
1 tb white onion; finely diced  
1 black pepper; to taste  
1/4 c smoked ham; finely diced

-----GARNISH-----

1 nutmeg

Place the wine in a saucepan over medium-high heat. Mix the Swiss cheese and flour together and gradually add to the wine, stirring constantly, until all the cheese is melted and mixture is smooth. Remove from the heat and add the brandy, garlic, onion, pepper, and ham. Pour into a chafing dish and sprinkle with nutmeg. Serve hot. Makes about 3 1/4 cups of dip.

SUGGESTED DIPPERS: Apples, Artichoke Hearts, Crackers, French Bread Chunks, Ham, Salami

## Taco Dip

Yield: 10 servings

- 1 pk cream cheese - 8 oz
- 1 pk taco mix
- 1 pk small sour cream
- 2 tb taco sauce (hot)
- 2 tb milk
- 1 pk cheddar cheese
- 1/2 ea head of lettuce
- 1 1/2 ea tomatoes, cubed

Mix cream cheese, sour cream, taco mix, taco sauce and milk together. Spread on serving dish. Top with cheddar cheese, shredded. Top again with 1/2 head of lettuce shredded. Sprinkle with tomatoes cut into small cubes. Refrigerate. Serve with tostito or nacho chips.

## Tangy Blue Cheese Dip

Yield: 4 servings

- 1/2 c blue cheese; crumbled
- 1 1/2 c sour cream
- 1 ts garlic; minced
- 2 ts dried chives; crumbled, \*
- 1/8 ts hot sauce
- 2 tb fresh chives; finely chopped

\* Use the dried chives if the fresh is not available, otherwise omit.

Blend the blue cheese and sour cream thoroughly.  
Add all the other ingredients, blending well. Cover and chill.  
Makes about 2 cups of dip.

SUGGESTED DIPPERS: Carrots, Cherry Tomatoes,  
Pineapple, Apple, Pearapple, Cocktail Black Bread,  
Italian Or French Bread Chunks



## Tex-Mex Dip

Yield: 12 servings

- 2 tb lemon juice
- 1/2 ts salt
- 3 ea avocados, medium size
- 1/4 ts pepper
- 1 c sour cream
- 1/2 c mayonnaise
- 1 ea taco seasoning mix packet
- 21 oz bean dip; plain or jalepeno
- 1 c green onions; chopped
- 3 ea tomatoes; seeded and chopped
- 7 oz olives; chopped
- 8 oz sharp cheddar cheese; grated
- 1 tortilla chips

Peel, pit and mash avocados in medium bowl. Add lemon juice, salt and pepper. In separate bowl, combine sour cream, mayonnaise, and taco seasoning. To assemble, spread bean dip on a large, shallow platter. Top with avocado mixture. Put on sour cream and taco mixture. Sprinkle with chopped onions, tomatoes, and olives. Cover with shredded cheese.

## Tex-Mex Dip 2

Yield: 12 servings

- 2 tb lemon juice
- 3 ea avocados, medium size
- 1 c sour cream
- 1 ea taco seasoning mix packet
- 1 c green onions; chopped
- 7 oz olives; chopped
- 1 tortilla chips
- 1/2 ts salt
- 1/4 ts pepper
- 1/2 c mayonnaise
- 21 oz bean dip; plain or jalapeno
- 3 ea tomatoes; seeded and chopped
- 8 oz sharp cheddar cheese; grated

Peel, pit and mash avocados in medium bowl. Add lemon juice, salt and pepper. In separate bowl, combine sour cream, mayonnaise, and taco seasoning. To assemble, spread bean dip on a large, shallow platter. Top with avocado mixture. Put on sour cream and taco mixture. Sprinkle with chopped onions, tomatoes, and olives. Cover with shredded cheese.

## Unstuffed Mushroom Dip

Yield: 4 servings

1 lb white button mushrooms; \*  
1 c monterey jack; shredded  
1/4 c bacon; finely crumbled, or  
1/4 c imitation bacon bits  
1/2 c sour cream  
1 ts worcestershire sauce

### -----GARNISH-----

1 seasoned bread crumbs  
4 dr hot sauce

\* The mushrooms should be Whole White Button  
Mushrooms that have been diced.

+++++

+++  
+++++ Combine the mushrooms, Monterey  
Jack cheese, and bacon. Stir in the sour cream,  
blending well. Blend in the Worcestershire sauce and  
hot sauce. Place the mixture in a 1-quart casserole  
and top with the bread crumbs. Bake at 350 degrees F.  
for 15 minutes or until the cheese has melted. Place  
in a chafing dish and serve hot. Makes about 2 1/2  
cups of dip.

SUGGESTED DIPPERS: Tomatoes, Bell  
Peppers, Chili Peppers, Bread Sticks

## Vegetable Dip

- 1 c mayonnaise, low cal
- 1 c cottage cheese, reduced cal
- 1 1/2 ts parsley, dried
- 1 1/2 ts minced onion
- 1 1/2 ts dill weed
- 1 1/2 tb season salt

Blend all ingredients well. Chill for several hours. Serve cold.

## Vegetable Dip Mix

1 tb dried chives  
1 ts garlic salt  
1/2 ts dill weed  
1/2 ts paprika

Combine all ingredients in a small bowl: blend well. Spoon mixture onto a 6-inch square of aluminum foil, and fold to make airtight. Label as Vegetable Dip Mix. Store in a cool, dry place and use within 6 months.

Makes 1 package (about 2 T) of mix.

Vegetable Dip: Combine 1 T lemon juice, 1 cup Mayonnaise, 1 cup sour cream, and 1 package of mix. Chill at least 1 hour before serving.

Makes about 2 cups of dip.

### Velveeta Classic Nacho Dip

1/2 c onion; chopped

2 tb margarine

1 lb velveeta; cubed

8 oz salsa

2 tb chopped cilantro

Saute onions in margarine; reduce heat to low. Add remaining ingredients; stir until process cheese spread is melted. Serve hot with tortilla chips or vegetable dippers, if desired.

## Velveeta Salsa Dip

Yield: 12 servings

1 lb velveeta cheese, cubed  
8 oz pace picante sauce or salsa  
2 tb chopped cilantro (optional)

Microwave cheese and salsa for 5 minutes, on high, in a one and one half quart casserole dish. Stir after three minutes. Stir in cilantro. Serve hot with tortilla chips or vegetables.

### White Bean Dip

- 3 garlic cloves; minced
- 15 oz cannellini; (white beans)
- 1 tb lemon juice
- 2 tb olive oil
- 3/4 ts cumin
- 1/2 ts chili powder
- 1 salt and pepper

Put all ingredients in blender.



### Yogurt Dip

8 oz plain yogurt  
1/2 c shredded cucumber, drained  
1/3 ts dill weed

Combine all ingredients; mix well. Serve with vegetables dippers. 1 1/4 cup.

### Zesty Italian Zucchini Dip

Yield: 8 servings

- 3 c zucchini; shredded
- 1 c cream cheese; softened
- 2 ea eggs; large
- 1/4 c romano cheese; grated
- 1/4 c parmesan cheese; grated
- 1/2 c yellow onion
- 2 ts dried parsley; crushed
- 1/2 ts salt
- 1/2 ts oregano; dried
- 2 tb milk
- 2 tb fresh parsley; minced, or

Place the shredded zucchini in a colander, squeeze out any excess water and set aside. Beat the cream cheese to a smooth consistency and blend in the milk and eggs, blending well. Mix in all the other ingredients, including the zucchini, and place in a greased 1 1/2-quart casserole. Bake at 350 degrees F. for 20 minutes, or until heated through and bubbly. Pour into a chafing dish and serve hot. Makes about 5 cups of dip. SUGGESTED DIPPERS: Italian Bread Chunks, Bell Peppers, Hot Dogs, Genoa Sausage

### Zippy Kidney Bean Dip

Yield: 6 servings

- 1 1/2 c red kidney beans; cooked
- 1/2 c cheddar; sharp, chopped
- 3/4 c yogurt; plain
- 1/4 ts garlic powder
- 2 ts jalapeno pepper; chopped
- 1/4 ts chili powder
- 1/2 ts onion powder
- 1/2 ts hot sauce

In a blender or food processor, puree the beans to a coarse paste, (Beans may also be mashed by hand). Put into a bowl and add all of the other ingredients, blending well. Serve at room temperature. Makes about 2 3/4 cups of dip.

SUGGESTED DIPPERS: Sirloin Steak, Celery, Jicama, Cabbage, Swiss Cheese

## Armenian Eggplant Dip

Yield: 1 batch

1 md egg plant  
1/4 c chopped red onion  
1/2 c milk  
1 tb olive oil  
2 tb lemon juice  
1 tb butter  
1 tb flour  
1 salt and pepper to taste  
1 freshly grated nutmeg - to  
-taste  
3 oz parmesan cheese

Preheat oven to 400 F.

Prick eggplant with a fork in 10-12 places and rub with olive oil.  
Bake uncovered for about an hour, or until the pulp feels quite soft.  
Scoop out the pulp and place in a small saucepan. Add lemon juice and  
cook over medium heat until the water has evaporated - about 5  
minutes.

Saute the onion in butter. Blend enough of the flour in to make a  
thick roux, then add milk slowly to form a thick sauce. Beat lightly  
into the eggplant. Season with salt, pepper and nutmeg. Add the  
Parmesan cheese and a few drops of warm milk if dip is too thick.

Store overnight in the refrigerator but bring to room temperature  
before serving with crackers, bagel chips, or strips of crisped pita.

### Carlos & Charlie's Tuna Dip

- 14 oz tuna, undrained
- 6 oz jalapenos, undrained
- 1 onion, diced
- 1/2 c mayonnaise
- 1 cilantro
- 1 tortilla chips

Mix tuna, jalapenos, and onion in food processor, adding mayonnaise to desired consistency. Garnish with cilantro and serve with tortilla chips.

### Cathe's Shrimp Dip

Yield: 1 batch

8 oz cream cheese  
4 tb butter  
1 tb horseradish  
2 dr tabasco sauce (or more)  
1 onion, chopped  
2 ts worcestershire sauce  
1 shrimp (medium can)  
1 tb lemon juice  
1 crackers for serving

Cook onion in butter till limp.

Drain shrimp; place in a bowl with enough water to cover with 3 ice cubes and the lemon juice. Let sit 5 minutes; discard ice cubes and drain well. Mash up shrimp.

Cut cream cheese into hunks; blend in pan with butter and onions. Stir in crushed shrimp, horseradish, Tabasco, and woo sauce; mix well. Heat thoroughly. Remove from heat and serve with crackers.

### Caviar Dip

- 6 oz whipped cream cheese
- 3 oz sour cream
- 1 tb lemon juice
- 1 ts onion, grated
- 1 1/2 tb dill, fresh; chopped fresh
- ground pepp
- 2 oz caviar, black or red

Bring cream cheese to room temperature and mix with sour cream. Gently fold in lemon juice, onion, dill and pepper until well blended. Fold in caviar carefully. Refrigerate until needed. 1-cup.

### Championship Chickpea Dip

Yield: 2 cups

19 oz can chickpeas, rinse & drain  
1/3 c prepared pesto  
1 clove garlic, minced  
1/2 ts salt  
1/4 ts black pepper, ground

Process all ingredients until smooth. Serve with crackers and potato chips.



### Cheddar Dip

2 c cheddar cheese -- shredded  
3 tb onion -- chopped  
3 tb green pepper -- chopped  
1/4 ts salt  
1/8 ts hot pepper sauce  
1 c sour half and half

Place first 5 ingredients and 1/4 c sour half and half in a bowl and beat with electric mixer until well blended. Fold in remaining sour half and half. Cover and refrigerate at least one hour. Stir before serving. Serve with vegetables and crackers.

### Creamy Horseradish Dip

- 1 pk (8 oz) softened cream
- 1    cheese
- 1/4 c chopped green onions
- 1/2 c kraft real mayonnaise
- 1/3 c horseradish sauce
- 1/4 c chopped green onions
- 1 cn (6 3/4 oz) chunk ham,
- 1    drained flaked

Combine cream cheese, mayonnaise and horseradish sauce, mixing until well blended. Stir in remaining ingredients. Chill. Serve with vegetable dippers or chips. VARIATIONS: Substitute 2 1/2 oz package smoked sliced beef, chopped, for ham. Substitute 4 crisply cooked bacon slices, crumbled, for ham.

### Crunchy Cheese Dip

Yield: 8 servings

- 8 oz pineapple chunks in juice
- 16 oz cream cheese -- softened
- 8 oz waterchestnuts, canned --  
1    chopped
- 3 tb chives
- 1 ts seasoned salt
- 1/4 ts pepper
- 1 c pecans -- chopped
- 1 tb fresh parsley -- chopped

Drain the pineapple, reserving 1 tablespoon juice (you can use the sweetened variety or the type that is canned in its own juice). Combine all ingredients except for parsley, stir in reserved juice, and mix well. Garnish with parsley. Cover and chill.

### Crunchy Spinach Dip

Yield: 2 servings

- 10 oz spinach, frozen cut; thawed
- 8 oz water chestnuts; drained &  
-finely chopped
- 3/4 c scallion; chopped
- 1 pk lipton country vegetable  
-soup mix
- 1 1/2 c sour cream
- 1/2 c mayonnaise
- 1 loaf round sourdough bread

In a medium bowl, or whatever you have, combine all ingredients except the bread; mix well. Cover and chill overnight. Pour into hollowed out, unsliced sourdough bread. Serve with the hollowed out bread, cut into squares, and raw vegetables.

### Crustacean Dip

1/4 c chopped ginger  
1/4 c vinegar  
3 tb light soy sauce  
1 1/2 tb sugar

This is a classic Chinese dip for things like shrimp balls. Real simple, basic and good.

Mix an serve.

### Cuban Black Bean Dip

Yield: 1 recipe

1 c dried black beans; (or 16  
-oz. can of black b  
2 tb chopped red onion  
2 tb balsamic vinegar  
1 tb fresh orange juice  
1 md clove of garlic, crushed  
1 salt and pepper to taste

Serve this low-fat pate with toasted pita triangles and sliced veggies. The dip can be stored in the refrigerator for a couple of days.

Soak the beans in water overnight; drain, and cook in 4 cups of water for about 1-1/2 hours or until tender. Drain again.

In a blender or food processor, combine beans, 1 Tbsp. chopped onions, vinegar, O.J., and garlic; blend until smooth. Season with salt and pepper, mix in remaining onions, and place in serving bowl.

### Cucumber Dip-Ada

- 1 cucumber (thinly sliced)
- 1 onion, small (thinly sliced)
- 1 ts salt
- 1/2 ts garlic powder
- 1 ts lemon juice
- 1/2 ts marjoram
- 8 oz lo-cal yogurt

Peel and thinly slice cucumber and onion. Sprinkle with salt. Allow to r Combine garlic powder, lemon juice, marjoram, and yogurt; mix thoroughly. Fold in sliced cucumber and onion. Chill.

### Curried Egg & Artichoke Dip

### Dairy Delicious Dip

Yield: 6 servings

8 oz Cream cheese -- softened  
1/2 c Sour cream  
1/4 c Sugar  
1/4 c Packed brown sugar  
1 To 2 Tbsp. maple syrup

"Munching on fruit becomes so much more fun when there's a sweet, creamy dip to dunk your slices in." - Karen Kenney In a small mixing bowl, combine cream cheese, sour cream, sugars and syrup to taste; beat until smooth. Chill. Serve with fresh fruit such as strawberries, sliced apples etc.



### Dallas Dip (Mexican Cheese Dip)

- 1 lb hamburger
- 1 md onion -- chopped
- 1 sm green pepper -- chopped
- 1 sm can
- 1 (mild or hot)
- 16 oz can
- 1/2 stick margarine
- 2 lb box
- 1 chopped green chilies --
- 1 chopped tomatoes
- 1 velveta cheese -- cubed

Cook hamburger, onion and green pepper until hamburger is done. Drain well. Add green chilies, tomatoes, cheese and 1/2 stick margarine. Cook until all the cheese is melted. Serve with tortilla chips. I like this best when it has cooled just slightly because it thickens. This recipe will make about 2 1/2 quarts but it freezes really well and heats up good in the microwave.

### Edie's Dilly Dip

Yield: 6 servings

- 1 c mayonnaise
- 1 c sour cream
- 2 tb parsley -- dried
- 3 tb onion -- dried, minced
- 1/2 ts dill weed
- 2 ts lawry seasoned salt

Mix well, and chill overnight. Serve with pretzels, chips, or fresh veggies.

### Fife & Drum Dip

2 tb peanut butter  
1 tb toasted coconut  
8 oz vanilla yogurt

Add the peanut butter and coconut to the yogurt and use as a dipper for apple or pear slices. Or eat plain. Yield: 1 serving.

### Florida Keys Black Bean Dip

- 1 16-Oz can black beans
- 2 tb chopped red onion
- 2 tb balsamic vinegar
- 1 tb orange juice
- 1 clove garlic

(Please measure carefully. I overdid the oj and onions once--and regretted it.)

Combine ingredients in the blender/processor and whirl til smooth.  
Serve with thin slices of chayote squash.

### 24 Hour Dip

Yield: 6 servings

- 1 1/2 oz package spaghetti sauce mix
- 2 c sour cream
- 1 ts worcestershire sauce
- 1/2 ts garlic salt

Combine all in bowl and mix thoroughly. Refrigerate for 24 hours.  
Sprinkle with paprika and serve.

### 7-Layer Taco Dip

Yield: 6 servings

- 1 cn jalapeno bean dip
- 2 ripe avocados, mashed with  
-lemon
- 8 oz sour cream with taco  
-seasoning
- 1 c each shredded jack and  
-cheddar cheese; se
- 3 tomatoes, chopped fine
- 1 bn green onion tops
- 1 cn chopped black olives

Layer in 5 x 9 oblong casserole dish. Serve with tortilla chips.

### Barbecue Dip

Yield: 6 servings

1/3 c barbecue sauce

1/2 c cottage cheese

Beat to-gether with electric beater or blender until smooth. Makes 3/4 cup. Refrigerate.

### Berry Delite Fruit Dip

Yield: 2 cups

- 1 pk fat free sour cream (16  
-oz)
- 1/3 c seedless raspberry jam
- 1 tb honey
- 1/4 ts grated lime rind
- 1 ts lime juice (opt)

In a medium bowl, combine Fat Free Sour Cream, jam, honey, lime rind and optional lime juice. Mix well, cover and refrigerate several hours to blend flavors.



### Broccoli & Mushroom Dip

2 c broccoli, chopped  
1 tb vegetable oil  
1 ea garlic clove  
1/2 ea onion, chopped  
1/4 lb mushrooms, chopped  
3/4 c cottage cheese, low fat  
1/4 c yogurt, low fat plain  
1 pn salt, pepper

Cook broccoli just until tender-crisp, (3 minutes). Drain and put under cold water. In nonstick skillet, heat oil over medium heat; add garlic, onion and mushrooms and cook, until onion is tender. Set aside.

In blender, combine cottage cheese and yogurt; season with salt and pepper to taste. Process just until mixed. Cover and refrigerate.

Makes 2 1/2 cups.

### Honey-Mustard Dip

Yield: 1 cup

1 c yogurt cheese  
1 tb dijon mustard  
1 tb honey  
3 pk sweet 'n low

In a small bowl, combine all ingredients; stir until well blended.

### Jiffy Jack Cheese Dip

Yield: 3 cups

2 lb jiffy jack pasteurized  
-process chee; se spread  
1 cn tomatoes and green chiles

Cut JIFFY JACK into small cubes and combine with tomatoes and green chiles. Heat in microwave oven or slow cooker until cheese is melted. Serve with chips.

### Joy's Crawfish Dip

1    waldine van geffen vghc42a  
1 lg onion  
3    ribs celery  
40 ml garlic -- minced  
1 md bell pepper  
1/4 lb butter  
1 cn tomatoes  
1 cn ro-tel tomaotes  
1 pk crawfish tails

x Salt and pepper 4 sm Pk cream cheese Place onions, celery, garlic and bell pepper in processor or chop fine. In black skillet, melt

butter. Add veggies. Saute on low heat with lid on until clear. Add tomatoes that have been in food processor or blender. Add crawfish and simmer until liquid is evaporated. Add seasoning to taste. While still warm, add cream cheese and mix well. Refrigerate and serve cold.

#### Julie's Molded Crab & Cracker Dip

10 1/2 oz cream of celery soup (1 can)  
8 oz cream cheese (1 package)  
1 unflavored gelatin envelope  
2 tb water  
3 bn green onions, chopped fine  
2 c celery, diced finely  
16 oz frozen crab meat, thawed (1  
- packag; e)  
3/4 c mayonnaise

Combine in saucepan soup and cream cheese. Heat on low setting until hot. Soften gelatin in water; add soup mixture, blending well. Stir in onions, celery and crab meat. Remove from heat; add mayonnaise.

Pour into mold and refrigerate overnight or until set. Serve with crackers.

#### Cincinnati Beer-Cheese Dip

- 3 rolls (6-oz each) sharp
- 1 cheese softened
- 1 1/2 oz roquefort or blue cheese
- 2 tb margarine softened
- 2 md minced cloves garlic
- 1 md onion
- 1 ts worcestershire sauce
- 1/2 ts tabasco
- 1 c beer, heated and
- 1 slightly cooled

1 round loaf rye bread

Mix cheese, margarine, onion, garlic, worcestershire and Tabasco with electric mixer, gradually add beer until good consistency for dipping bread chunks. Refrigerate. Make serving bowl by hollowing out center rye bread, leaving a 1" thick shell. Tear bread into chunks for dipping. Pour dip into the bread shell.

#### Calavo Guacamole Dip

1 sm chili pepper  
1 md onion  
1 sm garlic clove  
1 sm tomato, peeled  
2 md ripe calavo avocados  
1 tb fresh lemon or lime juice  
3/4 ts salt  
1 ds seasoned salt  
1 ds dry mustard

pepper to taste

Chop chili pepper, onion, garlic, peeled tomato and blend. Cut avocado into halves, remove seed and skin, mash with chili mixture. Blend in lemon or lime juice, salt, pepper, seasoned salt and dry mustard. Serve with crackers, corn chips, potato chips or tortillas. Makes 1 1/2 cups dip.

### Crockpot Refried Bean Dip

20 oz can refried beans  
1/4 ts salt  
1 c shredded cheddar cheese  
2 tb bottled taco sauce  
1/2 c chopped green onions  
1 tortilla chips

In crock-pot combine beans with cheese, onions, salt, and taco sauce.



Cover and cook on low for 2 to 2-1/2 hours. Serve hot from the pot...

#### Dubliner Dip With Rustic Vegetables

Yield: 2 servings

- 1 c mayonnaise
- 3 c mixed fresh greens, such as
  - spinach; , parsley, watercr
- 1 fresh dill, washed and
  - patted dry
- 1/4 c chopped green onion
- 1 clove garlic, minced

1 c sour cream or yogurt  
1 ds hot pepper sauce

Mixed fresh vegetables, such as radishes, green onions, celery or turnip sticks, boiled and chilled small new potatoes, blanched carrots, cauliflower and broccoli pieces.

Combine mayonnaise, mixed greens, onion and garlic in food processor or blender. Puree until smooth. Spoon into mixing bowl. Stir in sour cream and blend well. Season with hot pepper sauce. Chill overnight. Serve with vegetables. Makes 2 1/2 cups.

### Mexi-Cali Layered Dip

1 ripe avocado, peeled, seeded  
- and ma; shed  
1 c pace thick & chunky salsa  
1 ts lemon juice  
1/4 ts salt  
1/2 md tomato, chopped

3/4 c sour cream  
1/2 c shredded cheddar cheese or  
1/2 c monterey jack cheese  
1/4 c thinly sliced ripe olives

Combine avocado, 2 tablespoons Pace Thick & Chunky Salsa, lemon juice, salt; mix well. Stir in tomato. Spoon evenly onto rimmed 9" serving plate or into 8" pie plate; cover and chill. To serve, spread sour cream over top. Spoon remaining Pace Thick & Chunky Salsa over sour cream; sprinkle with cheese and olives. Serve with chips or vegetable dippers. Makes about 3-1/2 cups.

#### Multilayered Mexican Dip

1 cn refried beans; 14 oz  
1 1/4 c sour cream  
1/4 ts cumin; ground  
1 hot pepper sauce  
1/3 c onion; finely chopped

- 1 ts lime juice
- 1/4 ts hot pepper flakes
- 1/3 c green onions
- 1/2 c olives; black sliced
- 2 tomatoes; chopped
- 2 c cheddar; shredded

In bowl, blend together beans, 1/4 cup of sour cream, cumin and hot pepper sauce. Spread evenly on try 12" in diameter and at least 1 1/2" deep. In bowl, mix remaining sour cream, chopped onion, lime juice and red pepper flakes; spread over refried bean layer. Garnish with concentric rings of green onions on outside, black olives, tomatoes and cheese in centre. Cover and refrigerate till serving time. Tortilla wedges may be used as dippers.

### Three-Layer Deck-The-Halls Dip

- 8 oz guacamole
- 8 oz sour cream
- 8 oz pace picante sauce or
- 8 oz pace thick & chunky salsa

In a shallow, clear glass bowl (straight sides are best), layer guacamole,

sour cream and Pace. Place the bowl on a tray and surround it with chips or colorful vegetable dippers.

#### Vidalia Onion Dip

3 lg chopped vidalia sweet onions  
2 c water  
1/2 c sugar

1/2 c vinegar  
1/3 c to 1/2 cup mayonnaise  
1 ts celery seed

Soak onions overnight in sugar, water and vinegar. Drain well. Add mayonnaise and celery seed to spreading consistency. Serve on crackers.

#### Wagonwheel Layered Dip

21 oz bean dip  
1 c pace picante sauce  
6 finely chopped green onions  
1 c mayonnaise

1 c sour cream  
4 1/2 oz drained sliced olives  
4 oz shredded monterey jack  
-cheese

Spread bean dip on a pie plate. Pour Pace Picante Sauce over bean dip.  
Sprinkle chopped onions over mixture. Blend together mayonnaise and sour  
cream. Spread over onions. Top with cheese and Pace Picante Sauce.  
Sprinkle sliced olives over cheese. Makes 2-1/2 cups dip.