

Dunkin' Veggies & Dip

From the National Heart, Lung, and Blood Institute

<https://www.nhlbi.nih.gov/health/educational/wecan/eat-right/veggies-dip.htm>

Ingredients

5 cups assorted raw vegetables, rinsed and cut into bite-sized pieces as needed – such as baby carrots, celery sticks, broccoli florets, cauliflower florets, or cherry tomatoes

Low-Fat Blue Cheese Dip

- ¼ cup reduced-fat blue cheese crumbles
- ¼ cup fat-free sour cream
- 2 tablespoons light mayonnaise

Honey Mustard Dip

- ¼ cup honey
- 2 tablespoons brown mustard
- 2 tablespoons fat-free evaporated milk
- 1 tablespoon fresh parsley, rinsed, dried, and chopped (or 1 teaspoon dried)
- 1 tablespoon fresh chives, rinsed, dried, and chopped (or 1 teaspoon dried)

Instructions

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

Makes 4 servings

Nutrition information per serving

Dunkin' Veggies

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|--------------------|--------------------|
| Calories: 42 | Dietary Fiber: 2 g |
| Total Fat: 0 g | Sodium: 77 mg |
| Saturated Fat: 0 g | Protein: 2 g |
| Cholesterol: 0 mg | Carbohydrates: 9 g |

Low-Fat Blue Cheese Dip

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|--------------------|--------------------|
| Calories: 56 | Dietary Fiber: 0 g |
| Total Fat: 4 g | Sodium: 145 mg |
| Saturated Fat: 1 g | Protein: 3 g |
| Cholesterol: 4 mg | Carbohydrates: 3 g |

Honey Mustard Dip

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|--------------------|---------------------|
| Calories: 71 | Dietary Fiber: 0 g |
| Total Fat: 0 g | Sodium: 46 mg |
| Saturated Fat: 0 g | Protein: 1 g |
| Cholesterol: 0 mg | Carbohydrates: 19 g |