

Carrot Tuna Vegetable Dip

From the Centers for Disease Control (CDC) Fruit and Veggies: More Matters Campaign
<http://www.fruitsandveggiesmorematters.org/recipe?iRID=20>

Ingredients

- 1 celery stalk, chopped
- ½ cup chopped carrots
- 7 oz. can water-packed tuna, drained
- ¼ cup nonfat mayo or creamy salad dressing
- 2 tsp. prepared horseradish
- 1/8 tsp. salt
- 1/8 tsp. black pepper
- ¼ tsp. hot pepper sauce
- 2 tsp. basil, crushed if dried, chopped if fresh
- 1 large egg, hard-boiled and chopped
- 4 cups assorted snacking vegetables (such as carrots, celery, cucumbers, cauliflower, broccoli, cherry tomatoes, zucchini, mushrooms, peppers)

Instructions

1. Place chopped celery and carrots in blender, pulse/chop until very fine.
2. Add drained tuna, mayo, horseradish, salt, pepper, and hot sauce. Blend on medium, and then high until smooth.
3. Remove to serving bowl. Stir in basil and chopped hard-boiled egg. Chill for 15 minutes.
4. Meanwhile, select desired vegetables. Wash and prepare, arrange on serving platter.
Serve around bowl of dip.

Makes 4 servings

Nutrition information per serving:

Calories	118
Carbohydrate	10 g
Dietary Fiber	3 g
Protein	14 g
Total Fat	2.5 g
Saturated Fat	0.7 g
Sodium	438 mg

