

Taj Mahal Dip

2 teaspoons curry powder, according to taste
1 teaspoon ground cumin, according to taste
9-ounce package of baby spinach leaves (uncooked) OR
1 10-ounce package frozen chopped spinach, thawed, drained and squeezed dry
3/4 cup low-fat sour cream
1/2 cup nonfat or 1% yogurt
2 finely minced garlic cloves
Salt and pepper to taste

In small nonstick skillet, stir curry and cumin over medium-low heat just until fragrant, 30-45 seconds. Transfer spices to a bowl. Combine spinach, sour cream, yogurt and garlic in a food processor and blend until mixture is smooth. Blend in one-third of the curry mixture. Add more of the curry mixture, to taste. Process until well blended. Season to taste with salt, pepper and pepper sauce. Cover and refrigerate for 24 hours before using.

Makes 2 cups. *Nutrition information per 2 tablespoon serving: 226 calories, 1 g total fat, 2 g carbohydrates, 1 g protein, less than 1 g dietary fiber, 24 mg sodium.*

Mexicali Dip

1 cup canned chick peas (garbanzo beans), rinsed and drained
1/4 cup low-fat sour cream
1/4 cup cilantro
1 small garlic clove, chopped
1 tablespoon fresh lemon juice
1 tablespoon low-fat mayonnaise
Salt and white pepper to taste, if desired
Tabasco sauce, if desired

In food processor, pureed chickpeas with sour cream, cilantro, garlic, lemon juice and mayonnaise until smooth. If dip is too thick, gradually add additional teaspoons each of sour cream and mayonnaise until right consistency is achieved. Transfer to bowl with tight lid. Season to taste with salt, pepper, Tabasco if desired. Refrigerate 24 hours prior to serving.

Makes 1 cup of dip. *Nutrition information per 2 Tablespoon serving: 50 calories, 1 g fat, 8 g carbohydrates, 2 g protein, 1 g dietary fiber, 110 mg sodium.*

Bring dips to room temperature before serving. Transfer dips to an attractive bowl and place in the center of a large serving platter, surround with assorted cut up vegetables—carrots, colored bell peppers, broccoli, cucumbers, sugar snap peas, cauliflower, zucchini—and if desired, low fat baked tortilla chips or whole grain crackers.

Special thanks to our participant, David Morgan, for sharing these recipes. They are a great way to get your beans and greens in.

Have a Happy, Healthy New Year,
Candace and Lucy