

Recipe: Dips & Sticks (V)

Side dish

Fresh crunchy vegetable sticks alongside 3 special dips – Guacamole dip, Ricotta cheese dip and spinach dip for a delicious snack time.

Preparation time: 30 minutes

Cooking time: 30 minutes

Serve: 15 children

Per serving = 2 sticks each of carrots, Japanese cucumber and celery (30g) + Guacamole dip (25g) + Ricotta cheese dip (25g) + Spinach dip (25g)



Ingredients (Vegetable Sticks):

- 500 g carrots, cleaned, peeled, cut into 8cm sticks
- 500 g Japanese cucumber, cleaned, cored, cut into 8cm sticks
- 500 g celery, cleaned, cut into 8cm sticks

Ingredients (Guacamole Dip (makes 400g)):

- 250 g (3 no) ripe avocados, skin and seeds removed
- 45 ml fresh lime juice
- 55 g (1 no) ripe tomato, diced, seeds removed
- 40 g yellow onions, minced
- ½ teaspoon ground cumin
- ½ teaspoon salt

Ingredients (Ricotta Cheese Dip (makes 400g)):

- 1 litre low fat milk*
- 60 ml of whipping cream
- 65 ml of cream cheese light (80% less fat)
- 30 ml of apple cider
- 5g salt

Ingredients (Spinach Dip (makes 500g))

- 200 g spinach, fine chopped & drained
- 3 g salt
- 1½ tablespoon of canola oil* (to sauté spinach)
- 15 g of olive oil*
- 2 cloves of garlic, minced
- 80 g small onions, finely chopped
- 250 g cream cheese light (80% less fat)
- 75 ml water
- Pinch of salt
- Pinch of pepper

Nutrition Information

(Per serving): 105g

Energy 157.4 kcal

Protein 5.8 g

Total fat 10.8 g

Saturated fat 5.3 g

Carbohydrates 9.6 g

Dietary fibre 3.3 g

Sodium 348.9 mg

Cost per serving \$1.35.



* Choose products with the Healthier Choice Symbol

Methods

To prepare Guacamole Dip –

1. In a mixing bowl, add the lime juice and mesh the avocado with a fork.
2. Add in the rest of the ingredients, mix thoroughly and set aside.

To prepare Ricotta Cheese Dip –

1. Pour the milk into a heavy base pot and add the whipping cream.
2. Heat the milk and cream mixture to 93° C. Shut off the fire once it reaches this temperature and remove from the stove (If you do not have a thermometer, remove from stove when the milk starts to froth).
3. Add apple cider and salt into the mixture, stirring continuously until the mixture curdle.
4. Allow 30 minutes for the curd to cool.
5. Empty the curdled mixture into a sieve lined with cheese cloth in order to drain the whey.
6. Allow 60 minutes for the whey to drain.
7. Transfer the Ricotta cheese from the cheese cloth to a container and chill for at least 5 hours before serving.

To prepare Spinach Dip –

1. Sauté chopped spinach with canola oil, add salt and set aside to cool.
2. In a pot, add in the olive oil, garlic and onions and sauté at medium heat to allow the olive oil to infuse into the garlic and onions.
3. Add in the cream cheese and half of the water, stirring continuously to aid in melting the cheese.
4. Add in the spinach and the remainder of the water and stir thoroughly for about 2 minutes.
5. Add in reduced fat cheese slice and stir to mix well.
6. Allow it to cool before serving.

Tips:

- After chopping the onions, before mincing, soak them in warm water to remove the sting and raw taste. Drain well.
- The Ricotta Cheese Dip can be prepared a day ahead and chilled. It keeps well for up to 5 days in the fridge. You can eat it as a spread on bread instead of butter.