

Low Calorie Dips

Low Calorie Dip Recipes include southwest shrimp dip, green onion cheese dip, vegetable dip, hot bean dip, red pepper dip and suggestions for fresh vegetables for dipping.



Dip Tips

Fat-free plain yogurt may be substituted anytime for sour cream.

When making dips, don't put sour cream or yogurt in the food processor or blender. They will liquefy and the consistency will be too thin. Mayonnaise is fine to process in a food processor or blender.

When in doubt about seasonings in party dips and spreads, add a minimum amount. When the recipe is finished, taste and correct the seasonings.

For healthier snacking use fat free potato chips. They have half the fat and half the calories and still offer a crisp texture and great taste that makes them great for dipping.

Southwest Shrimp Dip

1 pound boiled shrimp, peeled and coarsely chopped
2 cups reduced fat sour cream
2 tablespoons mayonnaise (reduced fat)
1 to 2 teaspoons chili powder (to taste)
1/2 teaspoon ground cumin
2 tablespoons finely chopped red Spanish onion (or other sweet salad onion)
2 tablespoons fresh lime juice
1/4 cup chopped cilantro leaves
1 teaspoon brown sugar
Salt to taste
Extra cilantro leaves for garnish

Stir together all ingredients except garnish. Cover and chill for at least two hours. Garnish and serve with fat-free chips for dipping. Recipe makes about 4-cups.

Green Onion-Cheese Dip

2 cups low fat cottage cheese
2 tablespoons mayonnaise (regular or low fat)
1/2 cup coarsely chopped green onions (crisp green tops included)
1/4 cup parsley leaves
1/2 teaspoon salt
1/2 teaspoon hot pepper sauce (or to taste)
1 tablespoon fresh lemon juice

Put all ingredients into the food processor. Pulse on and off until onions and parsley are finely chopped and cheese is smooth. Cover and chill for at least one hour. Recipe makes about 2-1/2-cups.

Crunchy Vegetable Dip

2 cups reduced fat sour cream (or fat-free plain yogurt)
2 tablespoons mayonnaise (regular or reduced fat)
1/4 cup finely chopped sweet salad onion
1/4 cup finely chopped radishes
1/4 cup finely chopped cucumber (seeded)
1/4 cup finely chopped green bell pepper
2 tablespoons chopped parsley
2 teaspoons sugar
1 teaspoon salt (or to taste)
1/4 teaspoon freshly ground black pepper
1 tablespoon fresh lemon juice

Stir together all of the ingredients. Cover and chill for at least one hour. Serve with fat-free chips or crisp dipping vegetables. Recipe makes about 2-1/2-cups.

Santa Fe Hot Bean Dip

2 tablespoons extra virgin olive oil
1 tablespoon good chili powder
1 teaspoon cumin
2 1-pound cans pinto beans, drained
1 large roasted onion*, chopped
3 cloves roasted garlic*, chopped
1/2 teaspoon Tabasco sauce
Salt, to taste
1-1/2 cup Jack cheese
Chopped cilantro, for garnish

Heat the olive oil in a heavy saucepan. Add the chile powder and cumin. Stir the spices in the hot oil for two to three minutes over medium heat. (Do not burn.) Puree the beans in a food processor and add to the saucepan. Stir in the chopped roasted onion and garlic. Cook for five minutes, stirring occasionally, over low heat. Stir in the Tabasco and 1/2-cup of the cheese. Season to taste with salt. Place in a small casserole dish and sprinkle the remaining cup of cheese over the top. At serving time, place in the microwave or a hot oven until hot through and the cheese is melted.

Variations

Rub a large, unpeeled yellow onion with oil. Wrap in heavy-duty foil, crimping top to close tightly. Place in a preheated 400-degree oven for one hour to 1-1/2 hours, depending on size of onion. The onion will be soft when done. Cool and peel.

Roasted Garlic: Cut the top off a large, firm head of garlic. The tops of the cloves should be exposed. Place on a square of heavy-duty foil. Drizzle some olive oil over the garlic head and sprinkle with a bit of salt. Tightly close the foil, crimping the top. Place in a preheated 400-degree oven for about 30 minutes or until soft. Cool. Gentle pressure on bottom of a

roasted clove of garlic should easily push it out of its skin. Yield: 10 to 12 servings.

Roasted Red Pepper Dip

2 red bell peppers
1 teaspoon paprika
1/4 teaspoon cayenne pepper
1 teaspoon salt (or to taste)
1 tablespoon fresh lemon juice
1/4 cup fresh basil leaves
1 cup reduced fat sour cream
1 tablespoon mayonnaise

Preheat oven to 400-degrees. Wash the peppers. Place on oven rack in the preheated oven. Roast, turning occasionally, for 12 to 15 minutes or until skin is charred. Remove to a plastic bag and seal. Set aside until peppers are cool. Remove and peel. Cut open and remove stem, seeds and veins. Place the roasted and prepared peppers in the food processor. Add the paprika, cayenne pepper, salt, lemon juice and basil. Process until mixture is pureed. Remove to a bowl. Fold in the sour cream and mayonnaise. Recipe makes about 2-cups.

Salsa Fresca

Salsa Fresca is delicious served with fat-free chips or reduced fat tortilla chips.

1 pint cherry tomatoes
1 teaspoon salt
1/2 cup chopped red Spanish onion or sweet salad onion
1/4 cup fresh lime juice
2 medium fresh jalapenos, seeded and minced
1/4 cup chopped cilantro leaves
1 teaspoon extra-virgin olive oil

Wash the tomatoes. Chop in the food processor, pulsing on and off. Remove tomatoes and add the salt. Fold in the remaining ingredients. Cover and allow to sit at room temperature for 30 minutes for flavors to blend.

Serve Salsa Fresca with fat-free chips or reduced fat tortilla chips.

Suggestions for Fresh Vegetables for Dipping

The following fresh vegetables look and taste best when blanched in a pot of rapidly boiling, salted water and then refreshed in very cold water. Drain well, pat dry and chill until ready to serve:

broccoli -- florets and peeled and sliced stems -- blanch one minute

cauliflower -- florets -- blanch one minute

asparagus-- tender ends -- blanch two minutes

green beans -- small to medium sized, ends trimmed -- blanch two to four minutes (depending on size)

snow peas -- whole, with strings removed -- blanch 30 seconds

fennel -- the bulb, sliced -- blanch one minute

The following vegetables are best raw, washed, cut into small, easy-to-eat strips and chilled:

- carrots
- turnips
- zucchini
- yellow summer squash
- celery
- jicama

Other interesting additions:

- Belgian Endive Leaves
- Radicchio Leaves
- Medium sized white mushrooms, firm and crisp and acidulated with lemon juice
- Artichoke Leaves, cooked until tender and chilled
- Radishes -- Big ones sliced or medium ones whole
- Cucumbers, cut into strips

The following vegetables are poor choices for serving with dips:

- Cherry tomatoes -- too difficult to eat
- Eggplant -- not good raw and wrong texture cooked
- Wild mushrooms -- should never be eaten raw
- Onions -- tend to be too strong in flavor, even the sweet salad varieties and the green ones