

## **Better-For-You Dips to Make at Home**

By Lauren Panoff, MPH, RD

With extra time at home, we might be tempted to snack more than usual. Fear not, ShopRite's team of dietitians have come up with a host of great recipe ideas to help you enjoy delicious dips and "dunkable" snacks at home. Feel free to personalize each recipe to create something that's uniquely your own.

### **Blue Cheese Dip with Veggie Dunkers**

This creamy homemade blue cheese dip uses a thick yogurt and cream cheese base, mixed with blue cheese crumbles, and is topped with turkey bacon. Besides being delicious, the dip offers a nice dose of protein and probiotics. If you don't have blue cheese crumbles, you could substitute feta cheese. It can also be a great opportunity to add fiber, vitamins, and minerals to your day with fresh veggies like bell peppers, baby carrots, cucumber slices, snap peas, or blanched asparagus spears.

### **Black Bean Dip with Mini Pepper Dunkers**

This nontraditional bean dip is rich in iron, protein, and fiber, and can be easily made with a food processor, blending black beans, cooked garlic and shallot, and jalapenos or green chiles if you like a little spice. If you don't have black beans, you could substitute navy or cannellini beans. Serve with pita chips or fresh veggies, like mini peppers, carrots, or broccoli florets.

### **Pea-Guacamole Dip with Baked Tortilla Chips**

A twist on traditional guacamole, this combination of avocado and frozen peas is packed with folate, an important B vitamin. Green peas are a great plant-based source of protein, but if you don't have those, you can use edamame for a similar look and nutrient composition. This dip goes well with baked corn tortillas or fresh veggies, like celery or cauliflower.

### **Sun-Dried Tomato Dip with Endive and Jicama Dunkers**

This is a creamy dip made by pureeing sun-dried tomatoes with yogurt, cream cheese, garlic, and a few other flavorful ingredients. Tomatoes are a great source of vitamin C, fiber, B vitamins, and the antioxidant lycopene. Serve with endive, jicama sticks, or another crunchy dipper, like carrots, celery, bell pepper strips, or crackers.

For more healthy dip and snack ideas, visit your local in-store ShopRite dietitian or head over to [ShopRite.com](http://ShopRite.com).