



# Veggies and Dips

## SERVINGS

6-8

## TIME

1 hour

## INGREDIENTS

### Veggies

- Carrots, cucumbers, peppers, broccoli, and more!

### Ranch

- ½ cup buttermilk
- ½ cup mayonnaise
- ¼ cup sour cream (or plain yogurt)
- 1 lemon or 1 tablespoon white vinegar
- 1 tablespoon fresh chives or 1 teaspoon dried chives
- 1 tablespoon fresh parsley or 1 teaspoon dried parsley
- salt and pepper

### Hummus

- 1 15oz can chickpeas, drained and rinsed
- ¾ teaspoon salt
- 1 clove garlic, roughly chopped
- ½ teaspoon cumin
- 3 tablespoons freshly squeezed lemon juice
- ¼ cup tahini (ground sesame seeds)
- ¼ cup olive oil

## DIRECTIONS

### Ranch Dressing

- If using fresh herbs, chop remove parsley leaves from stems and chop parsley and chives into very small pieces (mince).
- Measure out buttermilk, mayonnaise, and sour cream into a bowl. Add 1 tablespoon of fresh squeezed lemon juice or vinegar. Whisk or stir to combine. Add herbs (chives and parsley) and 1/2 teaspoon salt and 1/4 teaspoon pepper. Whisk or stir to combine.

### Hummus

- Place the chickpeas, salt, garlic, and cumin in a food processor and process for about 15 seconds until a paste forms. Scrape down the sides as needed.
- Add lemon juice and process again for another 15 seconds
- Add oil and tahini and process again. If the mixture is too thick, add 1-2 tablespoons of water and process.

## EQUIPMENT

- Medium-sized bowl (2)
- Juicer (optional)
- Liquid and dry measuring cups and measuring spoons
- Whisk and couple of spatulas and fork
- Cutting board and knife
- Peeler
- Mini Food Processor
- Can opener

## EXTRA!

- Wash, peel, and chop many veggies to eat with the ranch and hummus.

