



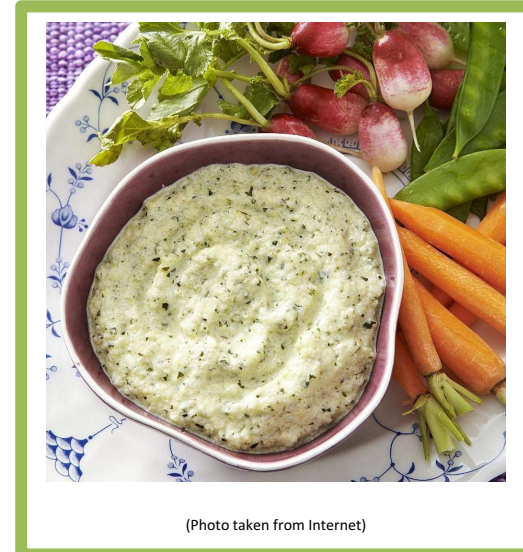
# ZUCCHINI DIP or DRESSING

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June 1, 2019

**Z**ucchini is a low calorie, low carb vegetable just right for using in dishes where you're looking for something lighter. Here is a simple dip to eat with pita chips, a vegetable platter or use it to dress a salad. You'll want to get your blender, immersion blender or food processor out for this one.

- 2 small Zucchini – diced
- 1 Tbsp olive oil
- 1 clove garlic, minced finely or pressed
- 2 scallions, finely chopped
- 1/2 cup sour cream or plain yogurt
- 1 Tbsp dried dill or 3 – 4 Tbsp fresh minced
- 2 Tbsp finely minced parsley
- 1 Tbsp Half and Half (optional)
- 3 Tbsp Rice Wine or White Balsamic vinegar
- To taste Salt, pepper



1. Wash and dice, then lightly saute the diced zucchini until it is soft. Set aside to cool.
2. Put all remaining ingredients into a bowl or your food processor. The half and half is optional, but will add a bit of silkiness and creaminess to the dip.
3. Add the cooled zucchini and pure until it's smooth.

Adjust salt, pepper and vinegar to taste. Chill for dip or salad dressing. Use room temperature as a sauce.

## ***Maggie's Notes***

- Serve with pita chips or a vegetable tray.
- Perfect as a topping for a piece of salmon or chicken.
- Add red pepper flakes and use as a sauce on tacos.
- Top the dip with a little olive oil and serve with breadsticks.
- Add your favorite herbs and spices.