

FRESH SPRINGTIME

# DIPS & SALSAS

A great dip makes entertaining easy. These four quick recipes featuring fresh ingredients, such as cherry tomatoes, basil, cucumber, watercress and roasted red peppers, are a snap to pull together for a summer gathering.

## Summer Peach Salsa

**CHOP** 2 peaches, 1 cup cherry tomatoes, 1 fresh jalapeño, 3 tablespoons fresh basil and 2 tablespoons red onion. Combine with 1 tablespoon lime juice, ½ teaspoon brown sugar and ¼ teaspoon salt.

**SERVES 10:** ¼ cup each. Calories: 18

## Middle Eastern Layered Dip

**LAYER** 8 ounces hummus in a shallow dish with 1 cup nonfat plain Greek yogurt, 1 cup chopped cucumber, 1 chopped tomato, ½ cup each sliced olives and feta cheese. Sprinkle with 1 teaspoon each dried oregano and ground sumac (optional).

**SERVES 16:** ¼ cup each. Calories: 49

## Watercress & Spring Onion Raita

**STIR** together 1 cup nonfat plain yogurt, ½ cup grated cucumber, ½ cup chopped watercress, 2 tablespoons minced spring onion (or scallions), 1 tablespoon olive oil and ½ teaspoon each cumin, coriander and salt. Serve drizzled with olive oil, if desired.

**SERVES 6:** ¼ cup each. Calories: 48

## Quick Romesco Dip

**PULSE** 12 ounces rinsed roasted red peppers, ⅓ cup toasted slivered almonds, 3 tablespoons fresh parsley, 2 tablespoons olive oil, 1 tablespoon sherry vinegar, 1 garlic clove, ¼ teaspoon pepper and ⅛ teaspoon salt in a food processor until finely chopped.

**SERVES 6:** ¼ cup each. Calories: 130



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