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Who says you can't play with your food!



Cheddar Scallion Dip

100 gr non-fat or low-fat Greek yogurt* (Liberté or Oikos preferred)
100 ml non-fat or low-fat plain yogurt*
40 gr aged cheddar* - diced
1 scallions/green onions - roughly chopped

1. Combine everything in a blender and combine until smooth.
2. Let sit in the fridge at least 30 minutes to develop flavours - delicious on chicken fingers, for vegetables, with pita crisps and crackers.
3. Make a big batch and keep it in the fridge for up to 5 days - great for dipping snacks at school, work or when you get home.

Makes about 200 ml, enough for 6 to 8 people

Dill Pickle Dip

75 gr dill pickle (Claussen is my favourite)
250 gr non-fat or low-fat Greek yogurt* (Liberté or Oikos preferred)
2 tbsp of pickle juice
1.5 tbsps dried dill weed (or 3 tbsps fresh)

1. Combine everything in a blender and combine until smooth.
2. Let sit in the fridge at least 30 minutes to develop flavours - delicious on chicken fingers, for vegetables, with pita crisps and crackers.
3. Make a big batch and keep it in the fridge for up to 5 days - great for dipping snacks at school, work or when you get home.

Makes about 250 ml, enough for 6 to 8 people

Tips:

- Do not use non-fat yogurt or indeed any yogurt whose ingredients include tapioca starch, guar gum, xanthan gum, carrageenan, etc. These ingredients are added to simulate thick and creamy yogurt by cutting back on real milk and adding water. When you stir them or add them to recipes, they break down and become watery, making poor marinades, dips and sauces. This is a manufacturer's way of fooling the consumer by giving them less real food yet charging the same or more.
- True Greek-style yogurt (so thick that when a spoon of it is turned upside down, the yogurt sticks to the spoon and doesn't fall off) works great - non-fat by Liberté or 2% Danone's Oikos. They are very high protein, contain only milk ingredients and bacterial enzymes. Come in plain and fruit flavoured (though I find the fruit flavoured too sweet - try getting plain and adding just a bit of honey to sweeten).
- No need to add salt - the cheese and pickles have enough to season the dips.
- Read ingredients on the cheese. Avoid those with:
 - artificial colours/flavours - even annatto if anyone has severe food allergies as annatto can trigger them
 - more ingredients than milk products and bacterial enzymes
 - most commercial cheeses have calcium chloride to keep the cheese firm - try to find cheeses without, but a real cheese with this is highly preferred over slices, processed, jarred and packaged cheeses with a multitude of other ingredients
 - trans-fats - shortening or modified, hydrogenated, partially hydrogenated oil of any kind
 - NOTE: Just because a product's front label says no trans-fat doesn't mean it doesn't use transfat. Check the ingredients. If any of the above oils/fat are listed, it has trans-fat, just in a small enough quantity to say "no transfat per serving". By the time you and your family consume the whole box, you will all have consumed a significant amount of transfat.