



Skinny Dips

Roasted Beet Dip

Parsnip Skordalia

Moroccan-Inspired Carrot Dip

ROASTED BEET DIP

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| 1 head garlic | 1/2 tsp (2 mL) cumin |
| 2 medium beets, trimmed | 1/2 tsp (2 mL) salt |
| 1 tbsp (15 mL) fresh lemon juice | 1/2 tsp (2 mL) freshly ground pepper |
| 1 tbsp (15 mL) olive oil | 1/4 tsp (1 mL) chili powder |

Cut top 1/4 inch (6 mm) off garlic head. Individually wrap beets and garlic tightly in foil and place in a baking dish. Bake at 400°F (200°C) until tender when pierced with a fork, about 40 minutes for garlic and 1 1/4 hours for beets. Unwrap beets and garlic; cool. Peel beets and cut into chunks; place in a food processor. Squeeze softened garlic out of skins into food processor. Add remaining ingredients (lemon juice through chili powder) and puree until smooth. Transfer to a serving dish. Cover and refrigerate for at least 1 hour or up to 24 hours. Serve with pita chips or Melba toast. Makes about 1 cup (250 mL).

PARSNIP SKORDALIA

Skordalia is a Greek dip traditionally made with potatoes. Our version uses parsnips instead.

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| 3 cups (750 mL) cubed peeled parsnips | 4 cloves garlic, crushed |
| 1 1/2 cups (375 mL) milk | 1/2 tsp (2 mL) salt |
| 2 slices white bread, crusts removed | Olive oil |
| 1/4 cup (50 mL) fresh lemon juice | |

Combine parsnips and milk in a saucepan. Bring to a boil over medium heat. Reduce heat and simmer, uncovered, until parsnips are tender, about 20 - 25 minutes; drain and cool completely. Meanwhile, place bread in a single layer in a shallow pan. Pour enough cold water over bread to cover. Let stand for 5 minutes. Squeeze excess moisture from bread. Place parsnips, bread, lemon juice, garlic and salt in a food processor; process until smooth. Transfer to a serving dish. Cover and refrigerate for at least 1 hour or up to 24 hours. Drizzle with oil. Serve with vegetable chips. Makes 1 1/2 cups (375 mL).

MOROCCAN-INSPIRED CARROT DIP

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| 1 1/2 cups (375 mL) sliced carrots | 1/2 tsp (2 ml) ground cumin |
| 1 tbsp (15 mL) olive oil | 1/2 tsp (2 mL) salt |
| 1 clove garlic, crushed | 1/4 tsp (1 mL) turmeric |
| 1/2 cup (125 mL) yogurt | 1 tbsp (15 mL) chopped fresh cilantro |
| 1/2 tsp (2 mL) ground coriander | |

Cook carrots in boiling salted water until tender, about 10 minutes; drain and cool. Heat oil in a small frypan over medium heat. Add garlic and saute just until fragrant, about 1 minute. Place carrots, garlic mixture, yogurt, coriander, cumin, salt and turmeric in a food processor; process until smooth. Transfer to a serving dish. Cover and refrigerate for at least 1 hour or up to 24 hours. Sprinkle with cilantro. Serve with pita chips or Melba toast. Makes 1 1/3 cups (325 mL).

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