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by ewfood

Dips for Vegetables

Ingredients

200 g white cheese 0% fat, 1 clove of garlic, 3 sprigs of parsley, a few sprigs of chive, 1 Tsp. Dijon mustard, 1 TBS wine vinegar,1 TBS lemon juice, salt, pepper
For the vegetables:8 carrots,1 bunch of radishes,4 stalks celery,1/2 cauliflower,1 red pepper,1 small broccoli

Preparation

1. Mix the minced garlic with parsley . In a bowl, mix the cream cheese, mustard, vinegar, lemon juice, garlic, parsley and chives.
2. Salt, pepper and mix well. Cover the bowl and put it in the refrigerator at least 2 hours.
3. Prepare the veggie platter:
4. Peel carrots with a peeler and cut them in lengthwise to make sticks.
5. Wash the radishes and cut the tip of their tops.
6. Wash the cherry tomatoes, drain and put them in a bowl.
7. Separate cauliflower and broccoli into small florets.
8. Wash peppers, remove seeds and cut into sticks.
9. Wash the celery and cut in lengthwise
10. once all your vegetables are ready, dip them in the sauce, one or two at the time.

Cooks Note