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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
