

Spooky Veggies and Dip

4 servings

Involving children in preparing meals is a great way to teach them food preparation skills and the importance of healthy eating. This platter is a fun way to get kids involved and a great item to bring to Halloween parties and events. Be creative and use any vegetables you have on hand.

- Ranch Dip ingredients
 - ½ cup plain non-fat yogurt
 - ½ cup non-fat sour cream
 - ⅛ teaspoon garlic powder
 - ¼ teaspoon onion powder
 - ½ teaspoon dried parsley OR ½ Tablespoon fresh parsley
 - ½ teaspoon dried dill OR ½ Tablespoon fresh dill
 - ⅛ teaspoon pepper
- 2 cups fresh vegetables (cucumbers, peppers, carrots, celery, cauliflower, broccoli, olives, snap peas)

1. Wash hands with soap and water.
2. If using fresh herbs, wash them by gently rubbing them under cold running water. Pat dry with a paper towel, then finely chop.
3. In a medium bowl, combine all the dip ingredients. Cover and refrigerate until ready to serve.
4. Scrub vegetables with clean vegetable brush under running water. Slice into desirable shapes.
5. To serve, place ranch dip in a small cup for the skeleton's head.
6. Assemble vegetables in the shape of a skeleton. For example, use carrots and celery to make arms and legs, sliced pepper for the rib cage, cucumber for the spine, and herbs or lettuce for hair.
7. Store leftovers in a sealed container in the refrigerator for up to four days.



Nutrition Information per Serving (¼ of recipe): Calories 70, Total Fat 0g, Saturated Fat 0g, Cholesterol 5mg, Sodium 95mg, Total Carbohydrates 14g, Fiber 1g, Total Sugars 5g, includes 0g Added Sugars, Protein 4g, Vitamin D 0%, Calcium 10%, Iron 0%, Potassium 6%.