The Healthy Cook

Rainbow Carrot Salad

4 cups of ribbon- or spiral-cut rainbow carrots
1 scallion, sliced
1 Tbs. olive oil
1 Tbs. red wine vinegar
¼ tsp. kosher salt
¼ cup chopped mixed fresh herbs (parsley, cilantro, mint, dill)

1. In a large bowl, toss together all the ingredients.

PER SERVING (1 cup): calories 80 | total fat 3.5 g | sat fat 0.5 g | carbs 12 g | fiber 4 g | total sugar 6 g | added sugar 0 g
protein 1 g | sodium 210 mg

SERVES 4
Here are three zippy dips for raw or roasted veggies. The curry yogurt and spicy pepper are also great on chicken or fish.

Caramelized Onion-Curry Yogurt

1 Vidalia or other sweet onion, finely diced
2 Tbs. grapeseed or olive oil
1 tsp. curry powder
½ tsp. kosher salt
½ cup 2% plain Greek yogurt

1. Sauté the onion in the oil over medium heat, stirring often, until golden brown, 8-10 minutes.
2. Stir in the curry powder and cook for 30 seconds.
3. Remove to a bowl and stir in the salt and yogurt.

PER SERVING (2 Tbs.): calories 50 | total fat 4 g | sat fat 0.5 g | carbs 4 g | fiber 1 g | total sugar 3 g | added sugar 0 g
protein 2 g | sodium 130 mg
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Spicy Roasted Pepper

2 red bell peppers
1 red chile pepper
¼ cup toasted slivered almonds
2 Tbs. extra-virgin olive oil
1 Tbs. sherry vinegar or red wine vinegar
½ tsp. kosher salt

1. Cut the bell and chile peppers in half and lay them on a baking sheet, cut side down. Broil until the skin is browned in spots, 5-10 minutes. Let cool, then remove the skin and seeds.

2. Blend all the ingredients in a small food processor.

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PER SERVING (2 Tbs.): calories 60 | total fat 5 g | sat fat 0.5 g | carbs 3 g | fiber 1 g | total sugar 2 g | added sugar 0 g | protein 1 g | sodium 120 mg
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Avocado Hummus

1 avocado
¾ cup no-salt-added chickpeas
2 Tbs. extra-virgin olive oil
1 tsp. lemon zest
2 Tbs. fresh lemon juice
½ tsp. kosher salt

1. Blend all the ingredients in a small food processor until smooth.

PER SERVING (2 Tbs.): calories 80 | total fat 6 g | sat fat 1 g | carbs 6 g | fiber 2 g | total sugar 0 g | added sugar 0 g | protein 2 g | sodium 125 mg