



Go-With-Everything Dip and Crudites

*Recipe by Liz Kiniry
Makes 1.5 cups of dip*

Ingredients

- 1 clove of garlic, skin removed
- 1 tsp of dried herbs such as basil, oregano, thyme, Herbs de Provence, Italian Seasoning, etc.
- ½ teaspoon sea salt
- ¼ teaspoon of ground black pepper
- 2 tablespoons of pecans or walnuts
- ¼ cup of crumbled cheese (blue, gorgonzola, goat, or feta)
- 1 teaspoon of honey
- 2 teaspoons extra-virgin olive oil
- 1 teaspoon red or white wine vinegar
- ¾ cup of sour cream
- ½ cup cream cheese
- Dipping vegetables such as peppers, carrots, cucumbers, jicama, etc.

Procedure

Small Food Processor Method:

- In a small food processor, pulse first 5 ingredients (all dry). Add remaining ingredients (all wet) and process until smooth. Taste and adjust seasoning as needed.
- Chill for at least one hour to let the flavors meld and for it to firm up a bit.

By Hand Method

- If you do not have a food processor, make sure all wet ingredients are at room temperature. Mince garlic and chop nuts by hand and combine with all other ingredients in a large bowl, mixing with a wooden spoon until combined. It won't be the same texture but will still be delicious!
- Chill for at least one hour to let the flavors meld and for it to firm up a bit.

Enjoy with your favorite crudites or chips!

THANK YOU FOR PARTICIPATING AND HELPING US CELEBRATE

/// NATIONAL ///
MENTORING MONTH