



St. Charles Hospital

Catholic Health Services

At the heart of health

DIPS & SPREADS



Eggplant Dip

Ingredients

2	Eggplants
¼ cup	Tahini
2 tbsp	Lemon juice, fresh
2 tbsp	Cilantro, fresh chopped
4 each	Green onions, sliced thin
1 tbsp	Garlic, minced
½ tsp	Cumin, ground
1 pinch	Cayenne pepper
¼ cup	Extra Virgin Olive oil

Directions

- Cut eggplant in ½ from top to bottom, brush with olive oil, season lightly with salt and pepper and roast in high temperature oven until browned and eggplant is completely softened, set aside to cool
- Scoop out eggplant flesh, discarding the skin
- Place eggplant, tahini, lemon juice, cilantro, garlic, cumin, cayenne pepper into food processor and pulse until smooth
- Slowly stream in olive oil, adjust seasoning
- Remove from food processor and stir in sliced green onions
- Keep refrigerated until needed
- Serve with tortilla chips, pita wedges or crostini

Edamame Hummus

Ingredients

1 can	Edamame, blanched
¼ cup	Tahini
2 tbsp	Lemon juice, fresh
2 tbsp	Cilantro, fresh chopped
4 each	Green onions, sliced thin
1 tbsp	Garlic, minced
½ tsp	Cumin, ground
1 pinch	Cayenne pepper
¼ cup	Extra Virgin Olive oil

Directions

- Place beans, tahini, lemon juice, cilantro, garlic, cumin, cayenne pepper into food processor and pulse until smooth
- Slowly stream in olive oil, adjust seasoning
- Remove from food processor and stir in sliced green onions
- Keep refrigerated until needed
- Serve with tortilla chips, pita wedges or crostini

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Yellow Split Pea Dip

Ingredients

½ cup	Onion, fine diced
2 clove	Garlic, minced
1 tbsp	Olive oil
½ cup	Yellow Split Pea
1 tsp	Thyme, fresh chopped
1 tsp	Oregano, fresh chopped
2 cups	Water
1 tbsp	Lemon Juice, fresh
1 tbsp	Olive Oil
1 tsp	Hot Sauce

Directions

- In heavy bottom sauce pan, add onions, garlic and olive oil and cook over medium flame until lightly browned
- Add peas, oregano and thyme and cook for 1 minute, stirring frequently
- Add water and bring to a simmer, simmer for 30-45 minutes until peas are completely tender
- Set aside to cool
- Puree in food processor until smooth
- Add lemon juice, hot sauce and olive oil, mix well
- Adjust seasoning and consistency
- Serve with croutons, vegetables sticks or pita wedges

Avocado Ranch Dressing

Ingredients

1	Avocado, Peeled and Pitted
8 oz.	Greek Yogurt, Plain
8 oz.	Buttermilk, low fat
2 tbsp.	Lemon Juice, fresh
1 tsp	Black Pepper, fresh cracked
1 tbsp.	Mustard
1 tbsp.	Dill, fresh chopped
1 tsp	Worcestershire
2 tsp	Garlic, granulated
2 tsp	Onion, Granulated

Directions

Combine all ingredients in stainless steel bowl and place into blender, blend until smooth, adjust seasoning

Store in covered container and refrigerate, Yields 18 oz.

Onion Dip

Ingredients

1 cup	Yogurt, plain, non fat
1	Spanish Onion, diced ½"
1 cup	Sour Cream, low fat
1 tsp	White Wine Vinegar
1 tbsp	Lemon Juice
1 tbsp	Extra Virgin Olive Oil
1 tsp	Garlic, minced
1 tbsp	Dill, fresh chopped
1 tbsp	Chives, chopped

Directions

- Heat heavy bottom stock pot and add olive oil and onion, cook over medium high flame stirring frequently
- Cook onions until softened and browned well
- Add garlic and cook for 1 minute more, set aside to cool
- Combine with remaining ingredients and mix well

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