

Dippity-Do

Vegetables taste best with dip!

Level: Easy

Serves: 4, 1/4 cup each

Kids' Tool Kit

Sharp knife
Cutting board
Measuring cup
Tablespoon
Small bowl
Spoon

Chef's Choice

Dippity-Do
Variety of veggies
Crackers
Low fat milk

Ingredients:

4-ounce tub soft cream cheese
1/3 cup sour cream
2 tablespoons tomato juice
1 tablespoon dry Italian salad dressing mix
Assorted raw vegetables



Directions:

Remember to wash your hands!

1. In a small bowl, combine cream cheese, sour cream, tomato juice and dry mix.
2. Cut up raw vegetables for dipping.



Helpful Hints: Try a variety of vegetables—some familiar and some not! Cut cucumber, zucchini, celery and carrot strips, then add cherry tomatoes, cauliflower and broccoli for a colorful relish tray full of lots of vitamins.



Safety Tips: Use a cutting board and sharp knife to cut veggies into small, bite-size pieces. "Double-dipping" is not allowed!

Source: *Book Cooks*, Creative Teaching Press

Suggested book with this cooking activity: *Gregory the Terrible Eater* by Mitchell Sharmat

Nutrition Facts

Serving Size 1/4 cup (60g)
Servings Per Container 4

Amount Per Serving

Calories 160 **Calories from Fat 140**

% Daily Value*

Total Fat 15g **23%**

 Saturated Fat 9g **44%**

Cholesterol 45mg **15%**

Sodium 150mg **6%**

Total Carbohydrate 3g **1%**

 Dietary Fiber 0g **0%**

 Sugars 1g

Protein 3g

Vitamin A 10% • Vitamin C 2%

Calcium 6% • Iron 2%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

	Calories: 2,000	2,500
Total Fat	Less than 65g	80g
Saturated Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

For more information about this recipe and other fun recipes: contact your county extension office in Kansas, visit the website at www.kidsacookin.ksu.edu, or e-mail kidsacookin@ksu.edu.