

Veggie and Fruit Dips

Mustard Dip

½ cup nonfat plain yogurt

2 teaspoons Honey

2 teaspoons spicy brown mustard

Mix together well

Homemade Salsa

56 oz. can whole tomatoes

1 diced green chili (optional)

½ cup chopped onion

6 scallions, chopped (including 3 inches of green part of scallion)

2 gloves garlic (chopped)

1 cup of chopped cilantro or parsley

1 teaspoon cayenne pepper or dash of hot sauce (optional)

The above can be chopped by hand or added to a food processor