

Dig in!

Vegetable dips you won't be able to stop eating ... and hey, you don't have to **BY ADEENA SUSSMAN | PHOTOGRAPHS BY JEFFREY CROSS**

1 Creamy spinach and parmesan



2 Miso, sesame, and sweet potato



3 Sweet onion and thyme



4 Black bean tomatillo



Healthy living

Creamy spinach and parmesan dip

MAKES 2¼ CUPS | 25 MINUTES

WHAT'S GOOD ABOUT IT Spinach is a vitamin powerhouse. Cottage cheese subs for sour cream, making the dip high in protein and low in fat.

SCOOP IT WHOLE-GRAIN BAGUETTE TOASTS

10 oz. baby spinach leaves

1¼ cups low-fat cottage cheese

1½ oz. parmesan cheese, freshly shredded

(about 1 cup if shredded with a Microplane)

¼ tsp. each kosher salt and pepper

1. Put spinach in a large microwave-safe bowl and drape bowl with plastic wrap. Microwave until spinach is tender, stirring a couple of times, 4 to 5 minutes. Drain spinach and let stand until cool enough to handle. Squeeze out liquid, then finely chop.

2. Whirl cottage cheese, parmesan, salt, and pepper in a food processor until very



smooth, about 1 minute, scraping inside of bowl as needed. Scrape into a bowl and stir in spinach. Serve dip at room temperature or chilled, with baguette toasts or crackers.

Make ahead: Up to 2 days, chilled.

PER 3-TBSP. SERVING 41 CAL., 27% (11 CAL.) FROM FAT; 4.6 G PROTEIN; 1.3 G FAT (0.7 G SAT.); 3.3 G CARBO (1.1 G FIBER); 224 MG SODIUM; 4.1 MG CHOL.

Miso, sesame, and sweet potato dip

MAKES 2 CUPS | 40 MINUTES

WHAT'S GOOD ABOUT IT Sweet potatoes are naturally silky textured yet low in fat. They're also a great source of beta-carotene and fiber.

SCOOP IT BABY BOK CHOY, SEPARATED INTO LEAVES

1 lb. deep-orange-fleshed sweet potato, peeled and cut into 1- to 2-in. chunks

2 tsp. chopped fresh ginger

2 tsp. white (*shiro*) miso*

1½ tbsp. tahini (sesame paste)

2 tsp. soy sauce



2 tbsp. thinly sliced green onion tops
1½ tsp. toasted sesame seeds

1. Steam sweet potato in a large saucepan with a steamer basket and 1 in. water until very tender, about 20 minutes. (If you don't have a steamer, just simmer chunks in the water, stirring occasionally.) Drain, reserving liquid, and let cool slightly.

2. Whirl ginger in a food processor to mince. Add sweet potato, miso, tahini, soy sauce, and enough reserved liquid for a creamy texture, about 3 tbsp.; whirl until smooth.

3. Transfer dip to a bowl and stir in 1½ tbsp. green onions. Sprinkle with remaining ½ tsp. onions and the sesame seeds. Serve slightly warm or at room temperature with bok choy or cucumber slices.

**Find in the refrigerated foods section.*

Make ahead: Up to 2 days, chilled.

PER 3-TBSP. SERVING 52 CAL., 29% (15 CAL.) FROM FAT; 1.5 G PROTEIN; 1.6 G FAT (0.2 G SAT.); 8.3 G CARBO (1.4 G FIBER); 210 MG SODIUM; 0 MG CHOL.

Sweet onion and thyme dip

MAKES 2 CUPS | 1 HOUR

WHAT'S GOOD ABOUT IT Onions contain a compound that may lower cholesterol and protect against certain cancers; Greek yogurt contributes lots of protein and relatively little fat.



SCOOP IT

BAKED POTATO CHIPS

2 cups (12 oz.) finely chopped Maui or other sweet onion

1 tbsp. olive oil

2 tsp. chopped fresh thyme leaves, plus thyme sprigs

¾ tsp. kosher salt

¼ tsp. pepper

1½ cups plain low-fat Greek yogurt

Cook onion in oil in a large frying pan over medium heat, stirring often, until golden, 12 to 15 minutes. Add chopped thyme, salt, and pepper and cook another minute. Let cool. Stir in yogurt and transfer to a bowl. Chill at least 30 minutes (it's even

better the next day). Garnish with thyme sprigs and serve with chips.

Make ahead: Up to 4 days, chilled.

PER 3-TBSP. SERVING 46 CAL., 39% (18 CAL.) FROM FAT; 3.1 G PROTEIN; 2.1 G FAT (0.6 G SAT.); 4 G CARBO (0.3 G FIBER); 158 MG SODIUM; 2.3 MG CHOL.

Black bean tomatillo dip

MAKES 2 CUPS | 30 MINUTES

WHAT'S GOOD ABOUT IT Puréed beans are, of course, low in fat. Tomatillos add vitamin C and so much flavor, you won't even miss the usual cheese.

SCOOP IT

BAKED TORTILLA CHIPS OR BELL PEPPER STRIPS

½ lb. tomatillos, husked and rinsed

About 2 tbsp. coarsely chopped cilantro

½ tsp. lime zest

½ tsp. kosher salt, divided

½ tsp. pepper, divided

1 small garlic clove, minced

1 can (15 oz.) reduced-sodium black beans, rinsed and drained

¼ cup reduced-sodium chicken or vegetable broth



1 tsp. chopped canned chipotle chile

⅓ cup chopped drained roasted red peppers

¼ cup plain whole-milk Greek yogurt

1. Preheat broiler. Put tomatillos on a rimmed baking sheet and broil 2 to 3 in. from heat, turning once, until charred in places, about 12 minutes. Let cool 5 minutes.

2. Pulse tomatillos (including skins) only 4 or 5 times in a food processor with 2 tbsp. cilantro, the zest, and ¼ tsp. *each* salt and pepper. Scrape into a bowl; set aside.

3. Pulse garlic, beans, broth, chipotle, and remaining ¼ tsp. *each* salt and pepper in a food processor until almost smooth.

4. Spread bean mixture in a small glass bowl (preferably straight-sided). Spoon red peppers, then tomatillo sauce in layers on top. Spoon yogurt in the middle. Garnish with more cilantro and serve with chips.

PER 3-TBSP. SERVING 38 CAL., 20% (7.7 CAL.) FROM FAT; 1.9 G PROTEIN; 0.9 G FAT (0.5 G SAT.); 5.5 G CARBO (1.6 G FIBER); 137 MG SODIUM; 1.6 MG CHOL.