

Light And Lively Dips For Holiday Celebrations

(NAPSA)—Fashionably slim California endive (pronounced on-deev) spears with their intriguing bittersweet flavor make a crisp dipper for an array of colorful dips. Kids love endive's juicy crunch, especially when scooping up “pretty in pink” raspberry dip. And, each endive “slimmer dipper” has just one calorie.

California endive is less expensive by the pound than most bagged lettuce and lasts up to two weeks refrigerated—and there's no need to wash or spin them dry.

To store, wrap endive in a moistened paper towel then place inside a plastic bag in the vegetable compartment of your refrigerator. With these easy, make-ahead dips, you'll be eating deliciously healthy while celebrating the holidays in style!

Carrot-Orange Dip

Makes about 2 cups, serves 8 to 10

- 1 lb carrots, peeled and sliced**
- ¾ cup frozen orange juice concentrate, thawed**
- 3 Tbsp extra-virgin olive oil**
- 2 Tbsp peeled and chopped fresh ginger**
- 1 tsp ground cumin**
- ½ tsp ground cinnamon**
- Salt and freshly ground black pepper**

Combine the carrots, juice, oil and ginger in a medium pot and bring to the boil. Reduce heat to low and simmer 20 minutes, stirring occasionally, or until carrots are very soft. Cool to room temperature. Combine carrot mixture with remaining ingredients and chop finely in a food processor. Season with salt and pepper to taste and serve with endive spears.



Colorful dips such as raspberry-yogurt, carrot-orange, cucumber-dill and red pepper-almond can brighten any holiday table.

Yogurt and Cucumber Dip

Makes about 2 cups, serves 8 to 10

- 1 medium seedless cucumber, peeled and grated**
- ¼ tsp salt**
- 1 cup plain Greek yogurt**
- ½ bunch scallions, finely chopped**
- 1 clove garlic, minced (optional)**
- 2 Tbsp chopped fresh dill, or 2 teaspoons dried dill**
- Freshly ground black pepper to taste**
- Mix cucumbers with salt and marinate 15 minutes at room temperature, or until liquid comes out of cucumbers. Drain gently pressing out excess liquid. Combine with remaining ingredients and serve with endive spears.**

Romesco Dip

Makes about 2 cups, serves 8 to 10

- 4 Tbsp extra-virgin olive oil, divided**
- 1 Tbsp roughly chopped garlic**
- 1 cup garlic croutons**
- 1 (16-ounce) jar roasted red peppers, drained**
- 1 cup unsalted whole roasted almonds or hazelnuts**

- 2 tsp sweet smoked paprika or paprika**

- 1 tsp hot red pepper sauce (optional)**
- 2 Tbsp red wine vinegar**
- Salt to taste**

Combine 2 tablespoons oil and garlic in a small pan and cook until fragrant but not browned, about 1 minute. Cool; combine with remaining ingredients and chop finely in a food processor. Season with salt and serve with endive spears.

Raspberry-Yogurt Dip

Makes about 2 cups, serves 8 to 10

- 1 cup walnuts**
- 1 cup frozen raspberries, thawed and drained**
- 1 cup plain Greek yogurt**
- 1 Tbsp fresh lime juice**
- 1 tsp finely grated lime zest**
- 2 Tbsp honey**
- 2 Tbsp confectioners' sugar**

Process walnuts in food processor until finely ground. In a large bowl, fold ground walnuts with remaining ingredients. Serve with endive spears.

For more delicious endive recipes, visit www.endive.com.