



Recipe of the Week!

TAKE ONE HOME AND TRY IT YOURSELF!

Patriotic Veggie Tray with Homemade Dill Dip

Veggie Tray Ingredients

- 3 cucumbers
- 10-15 radishes
- 1 head cauliflower
- Grape tomatoes
- 2 red peppers

Dill Dip Ingredients

- 1/2 cup fat free sour cream
- 1/2 cup mayo
- 1 tablesoon dried dill
- 2 tablesoon dried parsley
- 1 tablesoon dried onion powder
- 1 tablespoon salt
- 6 10 drops blue food coloring

Equipment

- 1 large cookie sheet
- Square container for the dill dip
- Small star cookie cutter

Directions

- Slice the vegetables and line them up on the cookie sheet in rows of red and white, to make the American flag stripes.
- 2. Mix all ingredients for the dip together in a bowl.
- Gradually add blue food coloring to the dip, until you get desired blue color.
- 4. Put the blue dill dip into a square container; place on the left side of the cookie sheet.
- 5. Thinly slice the radishes. Use the star-shaped cookie cutter to make stars, and place each radish star atop the square blue dip container, to complete the stars and stripes of the American flag.
- 6. Serve with pitas and enjoy!



Enjoy!