

CREAM CHEESE AND HAM ROLL

~~8~~ 3/4 oz. cream cheese

~~3/4~~ cup mayonnaise

2 = 8oz. tins flaked ham

2 tbs. parsely

1 tsp. minced onion

1/4 tsp. dry mustard

~~1/4~~ 1/4 tsp. tobasca sauce.

Cram cheese and mayonnaise until smooth.

Chopped walnuts - 1/2 cup.

(over)

Then add the next 5 ingredients. Chill for a few hours, then form into 2 balls and roll in chopped walnuts

Marinated Carrots.

1 lb. carrots sliced & cooked
1 green pepper - chopped
1 sliced onion.

Soil

1 can tomato soup
 $\frac{1}{2}$ cup white sugar
 $\frac{1}{2}$ cup white vinegar
 $\frac{1}{2}$ cup salad oil.

boil - Pour over vegetables. marinate
24 hrs.

DILL DIP

- 1 cup mayonnaise
 - 1 cup (8 ounces) sour cream
 - 2 tablespoons dried parsley flakes
 - 1 tablespoon dried minced onion
 - 2 teaspoons dill weed
 - 1-1/2 teaspoons seasoned salt
 - 1 teaspoon sugar
- Fresh vegetables *or* crackers**

In a small bowl, combine the first seven ingredients. Chill for at least 1 hour. Serve with vegetables or crackers. **Yield:** 2 cups.

Nutritional Analysis: One 2-tablespoon serving

Meggie Dip Cal. 48.2 F 39.

- 1 cup plain low-fat yogurt
- 1/3 cup light mayonnaise
- 1 tsp. minced onion
- 1 tsp. dill weed
- 1 tsp. chopped parsley (can use dried)
- 1 tsp. salt

Combine all ingredients, mix thoroughly. Keep refrigerated until serving.

(Can be used as salad dressing)

as well as for a fresh Neggie Dip

FRESH FRUIT DIP

1/2 cup mayonnaise *or* salad dressing

1/2 cup sour cream

1/3 cup orange marmalade

1 tablespoon milk

1/2 pound green grapes

1/2 pound strawberries

In a small bowl, whisk the mayonnaise, sour cream, marmalade and milk. Refrigerate until serving. Serve with fruit.

Yield: 1-1/3 cups.

CARROT DIP

(Pictured below right)

Raegan Dexter, Union Grove, Wisconsin

This creamy appetizer features nothing but great flavor. You don't have to be a carrot fan to enjoy it. I like it even more because it's so easy to fix!

- 1 package (8 ounces) cream cheese, softened**
- 1/2 cup mayonnaise**
- 2 medium carrots, finely shredded**
- 3 green onions, thinly sliced**
- 1/2 teaspoon Worcestershire sauce**
- 1/4 teaspoon garlic salt**
- 1 small firm head iceberg lettuce, optional**
- Fresh vegetables or crackers**

*OTHER SIDE
FOR*

DIRECTIONS

In a small bowl, mix cream cheese and mayonnaise until smooth. Stir in carrots, onions, Worcestershire sauce and garlic salt. Chill for at least 1 hour.

To make a lettuce serving bowl, hollow out the head of lettuce, keeping the core at the bottom intact and removing enough interior leaves so that a 1-in. shell remains. Add dip; serve with vegetables or crackers. **Yield:** 1-3/4 cups.

Vegetable Dip Anne Brace

$\frac{2}{3}$ cup mayo

$2\frac{1}{2}$ Cup sour cream

1 Tbsp. parsley flakes

1 Tbsp minced onion (dry)

1 Tsp dill weed.

1 Tsp seasoned salt.

Mix and chill over night.

DREAMY ITALIAN

1 c. Best Foods mayo
1 clove garlic minced
1/2 tsp. sugar
1/8 tsp. pepper

2 tbsp. cider vinegar
1/2 tsp. oregano
1/4 tsp. salt
3 tbsp. milk

CREME DE LA FRENCH

1 c. Best Foods mayo
4 tsp. sugar
1/2 tsp. dry mustard
1 tsp. paprika

2 tbsp. lemon juice
1 tbsp. milk
1/4 tsp. salt
1/8 tsp. pepper

Homemade Ranch Dip

■ **VEGETARIAN** □ **LOWER FAT**

- 1 *cup light mayonnaise*
 - 1 *cup low-fat buttermilk*
 - 1/2 *teaspoon oregano*
 - 1/2 *teaspoon dried tarragon*
 - 1/2 *teaspoon ground pepper*
 - 1 *teaspoon dried chives*
 - 1/2 *teaspoon salt*
 - 1 *teaspoon garlic powder*
 - 2 *tablespoons minced fresh parsley*
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Spinach Dip

2 cups sour cream

2 cups mayonnaise

2 boxes frozen chopped spinach -
thawed but not cooked.

2 envelopes Knorr's Vegetable
Soup.

Saw dough bread.