Snack, European

Crisp Winter Vegetables with Fresh Herb Dip

A colorful platter of chilled seasonal vegetables is paired with a creamy, lemony dip flecked with fresh herbs. It comes together in minutes and makes an inviting centerpiece for sharing.



Gluten free | Nut free

15 min	160	17 g	9 g
time	calories	carbs	sugars

Ingredients, 4 servings

- [ ] 4 cup assorted vegetables (such as carrots, radishes, celery, broccoli, cauliflower, cherry tomatoes, and bell pepper strips)
- [ ] 2 tsp olive oil (for drizzling)
- [ ] 1/2 cup mayonnaise (low-fat)
- [ ] 1 tbsp lemon juice
- [ ] 1 tbsp maple syrup
- [ ] 2 clove garlic (grated)
- [ ] 1/4 tsp salt
- [ ] 1/4 tsp black pepper
- [ ] 2 tbsp fresh herbs (such as rosemary, chives, and parsley; finely chopped)

Nutrition Facts

Per serving

Calories	160
Total fat	9 g
Saturated fat	1.5 g
Sodium	470 mg
Total carbs	17 g
Fiber	4 g
Total sugars	9 g
Protein	3 g

Method

- [ ] 1 Rinse the assorted vegetables, such as carrots, radishes, celery, broccoli, cauliflower, cherry tomatoes, and bell pepper strips, then cut them into bite-sized sticks and florets.
- [ ] 2 Arrange the vegetables on a serving platter, drizzle them with the olive oil, and season lightly with some of the salt and black pepper.
- [ ] 3 In a small bowl, stir together the low-fat mayonnaise, lemon juice, maple syrup, grated garlic, the remaining salt and black pepper, and the finely chopped fresh herbs such as rosemary, chives, and parsley until the herbs are evenly distributed.
- [ ] 4 Taste the dip and adjust the salt, black pepper, or herbs to your liking, then serve it alongside the platter of vegetables.

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