

# Cracked Pepper Potato Chips with Onion Dip

## INGREDIENTS

For the Chips:

- 3 large russet potatoes (2 1/4 pounds total) sliced into 1/8-inch thick rounds
- 2 tablespoons olive oil
- 2 teaspoons coarsely ground black pepper
- Salt

For the Dip:

- 2 teaspoons olive oil
- 1 small onion, minced
- 2 scallions, thinly sliced, greens and whites separated
- 1 1/4 cups nonfat Greek style yogurt or 1 2/3 cups regular nonfat plain yogurt
- 1/4 cup mayonnaise
- 3/4 teaspoon onion powder
- 3/4 teaspoon garlic powder
- 1/2 teaspoon salt
- 1/4 teaspoon pepper

## DIRECTIONS

1. Make chips: Toss potatoes in a large bowl with 2 tablespoons of oil, and pepper until well coated. Preheat oven to 450 degrees F. Arrange potato slices in 1 layer on 2 cookie sheets. Bake for 20 to 25 minutes until chips are crisped and lightly browned. Remove from oven, season with salt and cool.
2. Make dip: Heat oil over medium heat and add onions and scallion whites. Cook, stirring often, until golden brown and soft, about 10 minutes. Remove from heat and allow to cool.
3. If using regular yogurt, place it in a strainer lined with a paper towel and set the strainer over a bowl. Let the yogurt drain and thicken for 20 minutes.
4. Combine onions with thickened or Greek-style yogurt, mayonnaise, onion powder, garlic powder, salt, pepper and scallion greens and stir well to incorporate. Chill for 1 hour to let flavors meld. Serve with chips.
5. Excellent source of: Vitamin C
6. Good source of: Potassium

# Cucumber-Dill Yogurt Dip

## INGREDIENTS

- 2 cups plain whole milk yogurt
- 1/4 English hothouse cucumber, small dice (about 3/4 cup)
- 2 tablespoons minced fresh dill
- 1 teaspoon ground coriander
- 3/4 teaspoon red pepper flakes

- 1/2 teaspoon white wine vinegar
- 1 teaspoon kosher salt
- Freshly ground black pepper

Serving Suggestion: Assortment of vegetables such as green beans, celery, cucumber, mushrooms, roasted beets, or boiled potatoes

## **DIRECTIONS**

In a medium bowl, mix together yogurt, cucumber, dill, coriander, red pepper flakes, vinegar, and salt until evenly combined. Season well with freshly ground black pepper, taste, and adjust seasoning, as needed. Serve with an assortment of vegetables for dipping.

## **Pear and Pistachio Guacamole**

### **INGREDIENTS**

- 3 Hass avocados, halved, pitted and cubed
- 2 firm ripe Seckel pears or 1 large Anjou pear, cored and finely diced
- 2 tablespoons chopped fresh cilantro
- 1 1/2 tablespoons fresh lime juice
- 3/4 teaspoon ground coriander
- Kosher salt
- 1 clove garlic, finely chopped
- 1 small jalapeno, minced with some seeds
- Freshly ground black pepper
- 3 tablespoons chopped roasted pistachios
- Lime wedges, for serving
- Blue corn tortilla chips, for serving

### **DIRECTIONS**

1. Toss together the avocados and pears in a medium bowl. Stir in the cilantro, lime juice, coriander, 1/2 teaspoon salt, the garlic and jalapenos until combined. Add additional salt and pepper to taste.
2. Transfer to a serving bowl, sprinkle with the pistachios and serve with lime wedges and blue corn tortilla chips.