



# Health Yourself Byte

## TIPS ON DIPS

Some of the best parts of summer are the backyard barbeques and pool parties. The question is what food should you bring? No one wants to show up to a party empty handed...how about a good dip? Now . . . before you go reaching for the sour cream and cream cheese, try some of these healthier alternatives.

### HUMMUS



#### Ingredients:

- 2 cups cooked chickpeas
- 5 tbsp tahini
- 1 tsp sea salt
- 1/3 cup lemon juice (1 1/2 – 2 lemons)
- 2-3 cloves garlic
- 3 tbsp extra virgin olive oil
- 1/4 cup water or cooking liquid
- chopped parsley and paprika for garnish

Combine chickpeas, tahini, garlic, lemon juice, sea salt and olive oil in a blender or food processor. Add water or cooking liquid as needed to facilitate blending. When the mixture is smooth, scoop it into a bowl. Top with chopped parsley and paprika. Serve with carrots, celery and/or pita chips. If you want to spice up your hummus you can add things like sundried tomatoes and basil, roasted red pepper, or even jalapenos.

### BLACK BEAN AND CORN SALSA



- 1-2 avocados, chopped
- 2 tomatoes, diced
- 1 can black beans, drained and rinsed
- 1 cup whole kernel corn
- 1/2 red onion, chopped
- 1-2 tbsp cilantro, finely chopped
- 1 tbsp olive oil
- 1 lime

Mix the avocado, tomatoes, black beans, corn and onion in a bowl. Stir in olive oil. Add cilantro. Squeeze lime juice over the mix. Refrigerate before serving.



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