



Dear Chef Tidbits!

I don't know if you are familiar with the latest TikTok Butter Board craze, but people basically spread butter across a charcuterie board and surround it with various foods such as breads, crackers and chips. I'm hosting a get together this weekend and want to make a few snack boards. However, as a health conscious person, I cannot make and serve butter boards! This is where you come in to help! I am looking for an alternative such as cold dips that are not only healthier, but tasty, and visually appealing. They also need to pair easily with a variety of dippers

including fresh fruits, vegetables, meats and, of course, the traditional breads, crackers and baked chips. Please help by suggesting 3 different cold dips that could easily be used as a base for my snack board that incorporate 2 or more food groups from MyPlate. Since I want to offer a variety of flavors, I would like a combination of two sweet dip options and one savory dip option or vice versa; two savory dip options and one sweet dip option. Additionally, I would like a list of dippers that would nicely compliment the dip featured.

~Signed *Snack Board Struggles*

Help "Chef Tidbits" solve "*Snack Board Struggles*" dilemma by creating a Google Slide-Show presentation of 3 Cold Dip options you'd recommend for each of the sweet and/or savory snack boards. Each slide option should include:

- Name of the Dip labeled as Sweet or Savory
- A Picture of the Dip
- Dippers to be Served with the Dip
- Hyperlink the Recipe Instructions/Website to the Name of the Dip
- A Breakout of the Recipe by Food Groups (label other ingredients as seasonings or miscellaneous)

SAMPLE

Snack Board Struggles: Cold Dip #1 **Healthy Spinach Dip: Savory**

Complimenting Dippers: Sourdough Bread, Pretzels, Mini-Rice Cakes, Carrots, Celery and/or Scallions

Ingredient Classification:

MyPlate Vegetables: Dip: Spinach, Carrots, Onions, Garlic
Dippers: Carrots, Celery, Scallions

MyPlate Dairy: Greek or Plain Yogurt

MyPlate Grains: Sourdough Bread, Pretzels,
Rice Cakes

Miscellaneous: Oil, Mayonnaise,

Seasonings: Salt, Pepper

