



Farm Fresh Living.com

healthy recipes from our farm to your family

Stargazer Perennials Farm and Nursery, Summerville Oregon

Fresh and Easy Vegetable Dipping Sauces:

Vegetable dipping sauces are quick and easy to make and are an ideal way to make sure that you and your family eat enough raw fresh vegetables! These sauces are best when made with herbs and peppers that are just harvested out of your garden or purchased at a local farmers market. You can make these vegetable dipping sauces ahead of time and store covered in the refrigerator up to 24 hours before use.

Asian Vegetable Dipping Sauce:

1/3 cup reduced sodium soy sauce
3 tablespoons fresh lemon juice
4 teaspoons sugar
A dash of cayenne pepper to taste
A dash of cinnamon

In a glass bowl whisk together all the above ingredients until dissolved. Serve with fresh vegetables such as sugar snap peas, peeled and sliced cucumber, red and orange bell peppers cut into bite size pieces

Avocado Habanero Vegetable Dipping Sauce:

1 avocado diced into 1/4" pieces
1/2 cup reduced-fat sour cream
1/4 habanero chile diced into very small
1/4 cup fresh cilantro leaves and stems
2 tablespoons fresh lime juice

Place all ingredients in a food processor and puree until smooth. Salt and pepper to taste. Serve with fresh vegetables such as cauliflower, broccoli, carrots, red bell peppers or cucumbers.

Creamy Cilantro Vegetable Dipping Sauce:

1 3/4 cups fresh cilantro leaves and stems
1/3 cup reduced-fat sour cream
2 tablespoons fresh lime juice
2 tablespoon olive oil
1/8 teaspoon cayenne pepper

Place all ingredients in a food processor and puree until smooth. Salt and pepper to taste. Serve with fresh vegetables such as cauliflower, broccoli, carrots, red bell peppers or cucumbers.

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