



Clifford
PRODUCE



dip *Trio*

roasted red pepper hummus



Serves 6-8

Ingredients

- 1 cup (250 g) Paysanne red bell pepper, roasted and chopped*
- 1 can (500 g) chick peas, drained and rinsed
- 1 garlic clove, minced
- ¼ cup (63 ml) lemon juice
- 3 tbsp. (45 ml) tahini
- 2 tbsp. (30 ml) olive oil
- 2 tbsp. (30 g) fresh parsley
- 1 tbsp. (15 ml) soy sauce
- ½ tbsp. (8 g) ground cumin
- ½ tsp. (3 g) ground red pepper

Method

1. In a food processor, add all ingredients EXCEPT ½ cup (125 g) roasted bell peppers. Process until smooth.
2. Place mixture in a small bowl and add the reserved roasted bell peppers. Mix evenly.

* Roasting method

Coat peppers with a light layer of vegetable oil. Rotate peppers over open flame, either on a bbq or gas stove, until peppers turn black and blister. If an open flame isn't available, a broiler can be used. Slice the pepper in half and remove the core, seeds and membrane. On a broiler plate, place peppers open side down and broil until skins are black and blistered. Cover peppers in a bowl and allow to rest for 15 minutes. Peel the black skin off.

Nutritional Facts per serving (284 g): Calories 370

Fat 23 g (35 %), Saturated Fat 3 g + Trans Fat 0 g (15 %), Cholesterol 0 mg, Sodium 530 mg (22 %), Carbohydrate 34 g (11 %), Fiber 9 g (36 %), Sugars 7 g, Protein 13 g, Vit A (20 %), Vit C (150 %), Calcium (20 %), Iron (45 %). % = % Daily Value

dip *Trio*

roasted red pepper hummus, tomato dip with canadian bacon,
oven dried tomato dip



Recipe and photo courtesy
of OGVG



Clifford
PRODUCE

dip *Trio*

tomato dip with canadian bacon



Serves 6-8

Ingredients

1 cup (250 ml) sour cream
½ cup (125 ml) mayonnaise
4 oz. (112 g) cream cheese
½ cup (125 g) cheddar cheese
¼ cup (63 g) chopped green onion
(white and green parts of the onion)
¼ cup (63 g) diced green pepper
1 large Paysanne tomato, seeded and diced
1 lb Canadian bacon (454 g), cooked crisp, drained and crumbled
½ tsp. (6 g) garlic, minced
Black pepper to taste

Method

1. In a mixing bowl, combine sour cream, mayonnaise, cream cheese, cheddar cheese, onion, garlic, green pepper and black pepper.
2. Add crumbled bacon and chopped tomatoes. Mix evenly.

Nutritional Facts per serving (325 g): Calories 940
Fat 87 g (134 %), Saturated Fat 30 g + Trans Fat 0.4 g (152 %),
Cholesterol 170 mg, Sodium 1820 mg (76 %), Carbohydrate 10 g
(3 %), Fiber 1 g (4 %), Sugars 4 g, Protein 30 g, Vit A (25 %), Vit C
(30 %), Calcium (20 %), Iron (10 %). % = % Daily Value



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dip *Trio*

oven dried tomato dip



Serves 6-8

Ingredients

1 lb (454 g) Paysanne tomatoes dried in the oven
8 oz. (224 g) cream cheese, softened
1 tbsp. (15 ml) extra virgin olive oil
2 - 3 garlic cloves, minced

Method

1. Preheat oven to 350°F/180°C.
2. Slice Ontario greenhouse tomatoes thinly and place on a perforated oven sheet to dry for 30 - 45 minutes.
3. In a blender, combine the cream cheese, tomatoes, garlic and olive oil. Process until ingredients are mixed, not creamy.

Finishing Touches

Serve all dips with flat bread and/or fresh Ontario greenhouse vegetables, such as tomatoes, cucumbers or bell peppers.

Nutritional Facts per serving (264 g): Calories 780
Fat 40 g (62 %), Saturated Fat 18 g + Trans Fat 1 g (95 %),
Cholesterol 95 mg, Sodium 3850 mg (160 %), Carbohydrate 99 g
(33 %), Fiber 21 g (84 %), Sugars 67 g, Protein 29 g, Vit A (45 %),
Vit C (110 %), Calcium (25 %), Iron (10 %).
% = % Daily Value



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of OGVG

