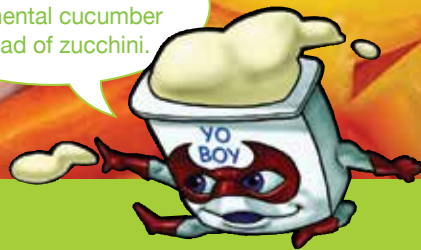




Recipe tip:
Use 1 Lebanese or ½ continental cucumber instead of zucchini.



Zany Zucchini Dip



Ingredients for dip:

- ½ large zucchini
- Pinch of salt
- 1 garlic clove
- 1 cup low fat natural/Greek yoghurt
- ¼ teaspoon ground cumin
- Chopped mint leaves (optional)

For dipping:

- 2 carrots
- 1 red & 1 yellow capsicum

- 150g snow or sugar snap peas
- 1 punnet cherry tomatoes
- 1 packet plain rice crackers

Equipment:

- Grater (fine and coarse), small bowl, spoon, chopping board, cup, measure, knives, teaspoon, peeler, serving platter



- 1 Wash all vegetables. Grate zucchini and add to small bowl.



- 2 Add a pinch of salt. Stir salt and zucchini together. After a minute, squeeze grated zucchini to drain off the juice. Discard juice.



- 3 Peel and grate garlic. Add garlic to bowl with yoghurt and cumin (and mint if desired). Mix dip together with a spoon.



- 4 Peel carrots. Chop vegetables into dipping sticks.



- 5 Put vegetables and crackers onto serving platter and serve with dip.