

Serve these three dips below with an ample serving of Sea Salt riceworks[®].

Roasted Red Pepper Hummus

1 large can of chickpeas (540ml/19 oz)
1 large red pepper, roasted and cooled (or small jar roasted peppers in oil – omit oil)
1 head of roasted garlic
1 tbs olive oil
Hot sauce

In a food processor, mix chickpeas, peppers and oil until smooth texture. Add garlic and hot sauce to taste, mixing in short bursts.

Spinach Dip

1 container (500 ml) sour cream
¼ cup (60 ml) mayonnaise
1 package leek or vegetable soup mix
1 can water chestnuts (227 ml)
1 package frozen spinach (300 g) defrosted and drained

Chop the water chestnuts finely and squeeze excess water from the spinach. Mix all ingredients together.

Artichoke Dip

1 package (250g/8 oz) cream cheese
1 small onion, chopped
1 cup artichokes, chopped
1 medium carrot
1 cup gruyere cheese shredded

Sauté onion lightly in butter or oil until transparent, do not brown, cool. Blend cream cheese with an electric mixer until soft. Mix in onion, artichokes, carrot and cheese.

For cold dip – add 1 cup sour cream and chill.

For hot dip – add 1 egg and bake in heat proof container at 350 for 15 – 30 minutes.

Source: riceworks[®] For more delicious recipes visit their website at www.riceworks.com or www.glutenfreesnacksforme.com