



Crudité Vegetable Wreath with Ranch Dip



Marshfield Clinic
Health System

PREP TIME: 25 minutes • **SERVING SIZE:** ½ cup vegetables and 1 tablespoon dip

INGREDIENTS

Crudité

- 8 cups broccoli florets
- 3 cups Brussels sprouts, trimmed
- 2 cups green beans, trimmed
- 1 cup sugar snap peas, strings removed
- ½ bunch curly kale, washed
- 2 cups cauliflower florets
- 9 cherry tomatoes

Dip

- 1 cup plain nonfat Greek yogurt
- ½ cup mayonnaise
- 2 tablespoons finely chopped shallot
- 2 tablespoons chopped fresh dill or 1 teaspoon dried
- 4 teaspoons white wine vinegar
- 1 teaspoon garlic powder
- 1 teaspoon sugar
- ½ teaspoon salt
- ½ teaspoon ground white pepper

INSTRUCTIONS

To prepare crudité: Put a large pot of water on to boil. Set a large bowl of ice water by the stove. Blanch broccoli for 1 to 2 minutes in the boiling water. Using a slotted spoon, transfer the broccoli to the ice bath to chill. Drain well. Blanch Brussels sprouts, green beans and snap peas in the same way.

To prepare dip: Whisk yogurt, mayonnaise, shallot, dill, vinegar, garlic powder, sugar, salt and pepper in a medium bowl. Transfer to a serving bowl; set it in the center of a large circular platter or decorative serving board.

Arrange kale around the bowl, with the frilly edges on the outside. Top with the broccoli, Brussels sprouts, green beans, snap peas and cauliflower. Garnish with cherry tomatoes.

To make ahead: Refrigerate for up to 1 day.

NUTRITION INFORMATION

Each serving contains: 49 calories; 3 g fat (0 g sat); 1 g fiber; 4 g carbohydrates; 2 g protein; 30 mcg folate; 2 mg cholesterol; 2 g sugars; 0 g added sugars; 805 IU vitamin A; 34 mg vitamin C; 29 mg calcium; 1 mg iron; 81 mg sodium; 174 mg potassium

Source: eatingwell.com

Find more recipes at shine365.marshfieldclinic.org