Healthier Dips for the Big Dance

Whether you’re hosting a watch party or bringing a dish to share, your March Madness menu doesn’t have to be a belly buster. Instead, cut up some veggies and score big with these delicious options.

**White Bean Hummus**

This white bean hummus packs a punch of Mediterranean flavor. Serve with pita bread or as a dip for raw or roasted vegetables. Serves 10.

**Ingredients**
- 1 can (15.5–16 oz.) reduced sodium cannellini beans, drained (reserve 2 tbsp. of liquid)
- 2 garlic cloves, peeled
- 2 tbsp. fresh lemon juice
- 1 tbsp. tahini
- 1 tbsp. honey
- 1/8 tsp. sea salt
- Chives (about 1 tbsp.) for garnish

**Directions**
1. Place all ingredients, except for chives and reserved liquid from can, into a food processor fitted with a standard blade.
2. Puree until smooth, or about three minutes. If the hummus is too thick, stir in 1 to 2 tablespoons of reserved liquid.
3. Sprinkle with chives for garnish.

**Lemon Herb Yogurt Dip**

This five-ingredient dip comes together in a snap. Serve with crudités or use it as a spread for sandwiches. Serves eight.

**Ingredients**
- 1 cup nonfat Greek yogurt
- 2 tbsp. minced fresh thyme
- 1 tbsp. fresh lemon juice
- 1 tbsp. lemon zest
- 1 tbsp. honey

**Directions**
Whisk all the ingredients together and enjoy!

For more health and wellness tips, visit sutteremployer.org.