



# Skinny Dips

A collection of healthy dips perfect for summer snacking!  
-FEATURING RECIPES FROM-





Welcome to your very own Skinny Dips eBook! Some of our favorite fruit and veggie brands have come together to bring you unique, delicious and nutritious dips to enjoy all summer long. Whether you are lounging poolside or mingling with friends at a backyard BBQ, there is something in here for everyone to try! Snack your way through the summer with the help of your favorite fresh produce friends. Enjoy!

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# Strawberry Guacamole

## INGREDIENTS

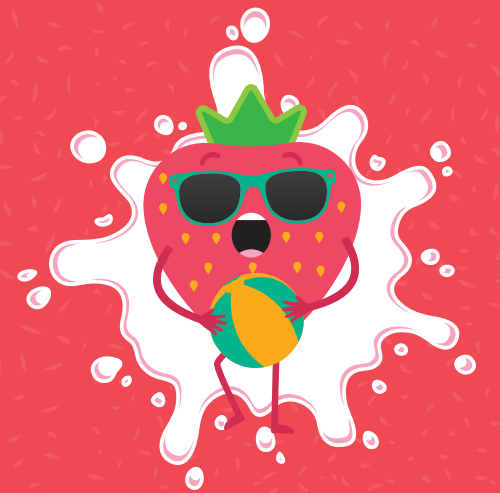
2 Mission® Produce avocados, small diced  
½ red onion, small diced  
2 jalapeños, stems and seeds removed, small diced  
Juice of 1 lime  
1 tsp kosher salt  
⅓ cup cilantro leaves, finely chopped  
4 large California Giant® strawberries (or 8 small), small diced

## THE METHOD

1. In a medium bowl, lightly crush the diced avocados (dicing the avocados beforehand make it easier to get similar sized chunks).
2. Add the diced red onion, diced jalapeños, lime juice, and salt, then stir to combine. Gently fold in the chopped cilantro and diced strawberries and serve with chips!

## Chef's Tip

To keep your Strawberry Guacamole from turning brown, drizzle over extra lime juice and cover it in plastic wrap. Press down on the plastic wrap so that no air is trapped inside.



For more California Giant® recipes, visit [calgiant.com](http://calgiant.com)



For more Mission® Produce recipes, visit [worldsfinestavocados.com](http://worldsfinestavocados.com)





# Burrata With Jalapeño Honey + Fresh Blackberries & Raspberries

## INGREDIENTS

1 fresh burrata  
1 cup California Giant® Blackberries  
1 cup California Giant® Raspberries  
½ cup honey  
2 jalapeños, stems removed (keep seeds in)  
Pinch of sea salt

## THE METHOD

1. Chop jalapeños into small pieces and set aside in small bowl.
2. Heat honey in a small sauce pot or saute pan until warm
3. Pour warm honey over jalapeños and allow to steep until room temperature (if you like less spicy, let steep for less time). On a small platter, place the cheese in the center and then surround with mixed berries.
4. Strain off or spoon out jalapeños from the honey.
5. Drizzle honey over top of berries and cheese.
6. Finish with a pinch of sea salt.



For more California Giant® recipes, visit [calgiant.com](http://calgiant.com)



7 | CALIFORNIA GIANT® BURRATA WITH JALAPEÑO HONEY  
+ BLACKBERRIES & RASPBERRIES





# Blueberry + Jicama Mango Salsa

## INGREDIENTS

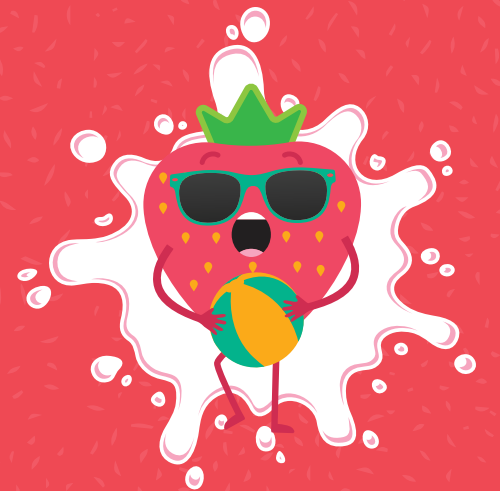
1 ripe mango, small diced  
1 cup halved California Giant® blueberries  
½ cup small diced jicama  
2 jalapeños, finely chopped  
Juice of 1 lime  
Kosher salt to taste  
⅓ cup mint leaves, finely chopped

## THE METHOD

1. Dice all main ingredients into a small, equal size, except for jalapeño - dice/chop as small as possible
2. Season with lime juice, kosher salt, and chopped mint, and gently toss together until well combined
3. Serve with crackers, chips, or pita bread!

## Chef's Tip

Jalapeños get hotter as they age! If you like your salsa spicy, let your jalapeños rest in the refrigerator for a day or two before use.





# Skinny Mango-Lime Cheesecake Dip

## INGREDIENTS

1 (8oz.) block reduced fat cream cheese  
¼ cup plain Greek yogurt (fat free or low fat if desired)  
½ cup (heaping) mango chunks, fresh or frozen & thawed  
1 Tbsp honey\*  
1 tsp vanilla extract  
Zest from a small lime  
1 (14 oz.) package Crunch Pak® Apple Slices  
Juice from ½ a lime

### For Garnish:

Lime zest  
1 Tbsp crushed graham cracker  
Lime slice

## THE METHOD

1. Combine cream cheese, Greek yogurt, mango chunks, honey, vanilla extract, lime zest and juice in the bowl of a food processor. Blend until smooth. (You may have to stop and scrape down the sides once or twice.)
2. Scoop into a serving bowl and garnish with a sprinkle of extra lime zest and crushed graham cracker if desired. Top with a slice of a lime.
3. Dip Crunch Pak® Apple Slices and enjoy!

## Chef's Tip

Depending on the ripeness of the mango chunks, you may want to add a bit more honey. Sweeten to taste.



For more Crunch Pak® recipes, visit [crunchpak.com](http://crunchpak.com)





# Healthy Layered Apple Crumble Dip

## INGREDIENTS

5 dates, soaked in warm water for 30 minutes, then drained & dried  
1/3 cup rolled oats  
1/2 cup pecans  
1/2 tsp cinnamon  
1/4 tsp ground ginger  
1 1/2 cups low-fat vanilla yogurt\*  
1 cup chopped Crunch Pak® peeled sweet apples, diced

## THE METHOD

1. Make crumble topping: In the bowl of a food processor, combine dates, oats, pecans, cinnamon and ginger. Pulse until crumbled and sticky clumps form. Set aside.
2. Assemble dip: In a serving dish, spread yogurt in an even layer. Top evenly with diced apple pieces. Sprinkle crumble topping over the top and spread to cover evenly.
3. Serve with your favorite Crunch Pak apples or graham crackers.

## Chef's Tip

Greek yogurt gives a thicker, richer texture and holds the toppings best.





# Fruit Salsa with Cinnamon Chips

## INGREDIENTS

### For the salsa:

1 cup Crunch Pak® apple slices, diced small  
1 cup strawberries, diced small  
3 kiwi fruits, diced small  
1 cup mango, diced small

1 cup pineapple, diced small  
2 Tbsp fresh mint, minced  
Juice of one lemon  
Juice of one lime  
2 tsp sugar  
Pinch salt

### For the chips:

12 medium flour tortillas  
⅓ cup unsalted butter  
½ cup sugar  
1 ½ tsp ground cinnamon

## THE METHOD

### For the salsa:

1. Add all chopped fruit to a medium bowl. Pour both juices over the fruit. Sprinkle with sugar and salt.
2. Toss lightly to fully combine. Add mint and lightly toss just to combine. Refrigerate until ready to serve. Toss lightly before serving.

### For the chips:

3. Preheat oven to 350°F. Line baking sheets with parchment paper.
4. Melt butter and brush both sides of each of the tortillas with melted butter. Cut each tortilla into 8 equal wedges.
5. In a small bowl, combine the sugar and cinnamon.
6. Divide the tortillas wedges and the cinnamon sugar evenly between two large freezer bags. Seal the top of the bags with some air inside. Use the bags to shake the tortillas and coat fully with cinnamon sugar.
7. Transfer the coated tortilla wedges to the lined baking sheets, leaving a small amount of space between each.
8. Bake for 6 minutes. Rotate the trays and turn the chips over. Cook for another 6-9 minutes, or until the chips are dry and lightly browned. Cool before serving. Store in an airtight container.



For more Crunch Pak® recipes, visit [crunchpak.com](https://crunchpak.com)







# Mint & Lime Avocado Relish

## INGREDIENTS

2 semi-firm avocados, diced  
1 lime, sliced thin, then cut into wedges  
¼ cup fresh mint leaves, washed and cut into thin strips  
2 tbsp fresh lime juice  
3 tbsp olive oil

## THE METHOD

1. Combine all ingredients and mix gently.

## Chef's Tip

This recipe makes about 2 cups. Pair this delicious relish with grilled fish, chicken or shrimp to enhance the flavors of your favorite dishes.





# Artichoke Hummus

## INGREDIENTS

2 cooked Ocean Mist Farms® Artichokes  
(See “How to Prepare & Cook”)  
3 lemons, divided  
2 cloves garlic, minced  
2 cans chickpeas, drained and rinsed

¼ cup tahini  
1 tbsp olive oil  
Salt and freshly ground black pepper  
½ tsp smoked paprika  
3 chives, minced (optional)

## THE METHOD

1. Add chickpeas, garlic, tahini, olive oil and the juice of two lemons. Blend until very smooth, scraping down the sides of the machine as needed, about 3 minutes. Add more olive oil or lemon juice until desired consistency is reached.
2. When artichokes are cool enough to handle peel back a few of the very bottom leaves to expose the heart. Carefully trim around the heart with a paring knife. Wiggle the heart and stem free and discard of the fuzzy choke attached to it by using a spoon and scraping it off, or a paring knife and carefully cutting it off. Scoop any remaining choke out from the inside of the artichoke, give it rinse, and place it on a platter. Repeat with the other artichoke.
3. Chop reserved artichoke hearts and stems and add them to blender with hummus, and process until smooth. Season to taste with salt, pepper and smoked paprika.
4. Carefully fill reserved artichoke (which should still be intact) with the hummus. Sprinkle with the minced chives (if using) and a pinch of smoked paprika. Use the artichoke leaves as dippers and enjoy! Serve with carrots, radishes, asparagus and other fresh seasonal veggies.



For more Ocean Mist Farms® recipes, visit [oceanmist.com](https://oceanmist.com)







# Roasted Red Pepper Dip

## INGREDIENTS

4 cooked Ocean Mist Farms® Artichoke hearts, stems and bottoms  
([See “How to Prepare & Cook”](#))  
1 leek diced  
Salt, to taste  
2 tbsp butter  
1 cup roasted red peppers (from a jar) drained  
 $\frac{3}{4}$  cup parmesan cheese  
3 tbsp mayonnaise

## THE METHOD

1. In a small sauté pan over medium-low heat, add butter and Leeks. Sprinkle with salt. Cook until leeks are very tender, about 7-9 minutes. Set aside to let cool. Add artichokes, peppers, cheese, mayonnaise and cooled leeks to food processor or blender. Pulse until dip is smooth and well combined.
2. Serve with Ocean Mist Farms® Baked Artichoke leaves. Refrigerate any left over.

## Chef's Tip

Serve this dip with pita bread or your favorite veggie. To prevent food waste, you can also serve this dip alongside our baked artichoke leaves!





# Spinach Artichoke Dip

## INGREDIENTS

8 oz. reduced fat cream cheese  
16 oz. nonfat Greek yogurt  
2 tbsp butter  
2 tbsp white wine (optional)  
1-½ cups grated Parmesan cheese  
2 cups chopped and cooked artichoke hearts, stems and crowns (4 artichokes).  
[\(See “How to Prepare & Cook”\)](#)  
1 can (4 oz.) of diced mild green chilis, drained  
6 cups fresh spinach, chopped raw  
2 tbsp garlic, minced  
Salt and pepper, to taste

## THE METHOD

1. Over medium heat in a medium size sauce pan, add cream cheese, yogurt, butter, white wine, and Parmesan cheese. Stir mixture until melted and mixture is smooth and well combined.
2. Stir in artichokes, chilis, and garlic while continuing to cook for a few minutes, until mixture comes to a soft boil. Remove from heat and add chopped spinach.
3. Let the dip rest for 15 minutes, it will thicken as it cools. Serve in a crock and garnish with fresh cooked artichoke leaves. Enjoy dip with slices of rustic bread, tortilla chips, cooked artichoke leaves, crackers, pita chips or cut vegetables.



For more Ocean Mist Farms® recipes, visit [oceanmist.com](https://oceanmist.com)







# Campari® Guacamole

## INGREDIENTS

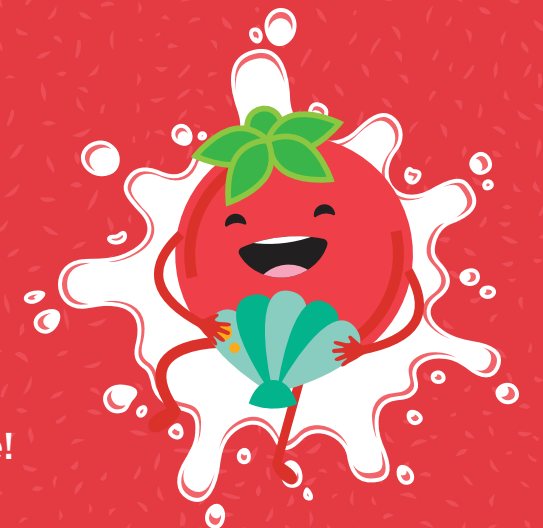
2 Campari® tomatoes, chopped, divided  
¼ tsp garlic, minced  
1 tbsp shallots, finely diced  
1/2 tbsp Jalapeño, finely diced  
2 ripe avocados  
1 ½ tbsp lime juice  
3 tbsp green onions, sliced  
1 tbsp fresh cilantro, chopped  
1 tbsp fresh cilantro stems, chopped  
Kosher salt to taste  
Freshly ground black peppercorns to taste

## THE METHOD

1. In a bowl, mash together ½ of the Campari® tomatoes and the first 5 ingredients using a fork.
2. Fold the remaining ingredients in and season with salt and pepper to taste. Serve fresh with tortilla chips.

## Chef's Tip

Pump up the spiciness of this guac by using Serrano peppers in place of Jalapenos. And if you're grilling out, try charring the peppers and tomatoes on the grill before dicing - you'll send your taste buds into another flavor dimension. Ole!





# Kumato® Salsa

## INGREDIENTS

1 lb Kumato® tomatoes, diced  
¼ cup red onion, finely diced  
1 jalapeño, seeded and diced  
⅓ cup cilantro, chopped  
1 tbsp lime juice  
½ tsp kosher salt  
½ tsp ground cumin  
Freshly ground Black Peppercorns to taste  
1 tbsp extra virgin olive oil

## THE METHOD

1. In a medium bowl, combine all ingredients, except olive oil, and stir gently.
2. Let sit for 10 minutes to allow flavors to develop. Dress with olive oil and serve with plenty of tortilla chips.

## Chef's Tip

Don't limit this fresh salsa to tortilla chips - use it as a refreshing topper for your favorite tacos and seafood dishes!



For more Sunset® recipes, visit [sunsetgrown.com](https://www.sunsetgrown.com)







# Sweet Twister™ Pepper Hummus

## INGREDIENTS

15 oz can chick peas, drained  
1 clove garlic  
½ cup water  
3 tbsp tahini  
3 roasted Sweet Twister™ Peppers,  
skins and seeds removed  
Juice of one lemon (2-3 tbsp  
depending on lemon)  
2 tbsp olive oil  
¾ tsp salt  
¼ tsp black pepper  
¼ tsp cayenne  
¼ tsp smoked paprika  
1½ tsp cumin

## THE METHOD

### Roasting directions:

1. Preheat oven to broil. Place whole Sweet Twister™ peppers on a sheet pan on the top rack and broil for 20-30 minutes, until peppers are charred, flipping half way through roasting. Place the peppers in a bowl, cover with plastic and let cool for 30 minutes. Remove skins.
2. Grind chick peas and garlic for 5 or 6 pulses in a food processor or blender.
3. Add the remaining ingredients and blend until smooth and creamy. Add more water as necessary to reach desired consistency.
4. Top with fresh, diced Sweet Twister™ Peppers and a drizzle of olive oil.

## Prep Tip

Roast the peppers in bulk ahead of time and keep in an airtight container for up to 2 weeks.

