

Staying Fit with Fiber

Some Fiber-Full Nibbles:

Carrots, green pepper, broccoli, tomato, cauliflower, turnip, celery, cucumber, zucchini, jicama, green beans, radishes.

Dip, Dip, Dip those Veggies

REFRIED BEAN DIP

1. Mix about $\frac{1}{4}$ cup cooked or canned pinto beans with $\frac{1}{2}$ teaspoon chili powder.
2. Mash with fork until very soft. If needed, add a little water.

CHEESE 'N CHIVES DIP

1. Mix $\frac{1}{2}$ cup cottage cheese with 1 tablespoon finely chopped chives, thin with 1-2 tablespoons buttermilk and put through the blender.

VEGGIE GARDEN DIP

1. Mix together 1 cup nonfat plain yogurt, $\frac{1}{4}$ cup light mayonnaise, $\frac{1}{4}$ cup finely chopped radishes, $\frac{1}{4}$ cup finely chopped green onion.
2. Add a dash of garlic powder and dried parsley.
3. Chill for one hour.

YOGURT CURRY DIP

1. Mix $\frac{1}{4}$ cup yogurt with $\frac{1}{2}$ teaspoon of curry powder.