



Spread it Thin!

From dips to spreads, these six surefire substitutions will keep your holiday not only brighter, but a little lighter, too! They're such a nice flavor change to mayo and sour cream that you may find yourself enjoying these delicious switches well into the New Year!

Greek Yogurt

Mayo is an all-time favorite because of its creamy texture and tangy flavor. To achieve that same consistency, use authentic Greek yogurt—its thickness and creaminess provide a culinary canvas to add your favorite herbs and spices. Add a tablespoon of Dijon or spicy mustard to a cup of yogurt for a fast and delicious spread for sandwiches, dressing for salads, or a dip for shrimp or veggies.

Avocado

Avocado provides a cream cheese-like texture. Finely mash the avocado, add a sprinkling of sea salt and spread it on bread or bagels to your desired thickness. Top with minced onion and diced tomatoes for added flavor. For a crunchier texture and spicier flavor, consider using guacamole.

Hummus

Enjoy hummus as a creamy sandwich spread, a tasty dip for veggies and baked chips or add a small dollop to salads for an extra punch of flavor and texture. Hummus is available in the prepared foods section of most grocery stores, or you can make your own. In a food processor, combine $\frac{1}{4}$ cup tahini (sesame seed paste), 2 tablespoons oil, $\frac{1}{4}$ cup lemon juice, and 1 garlic clove and process until smooth, approximately 1 minute. Add one 15-ounce can of chickpeas (drained and rinsed first) and process until thick and smooth, 1-2 minutes. Transfer to a serving bowl, drizzle with olive oil, and sprinkle with paprika.



Cottage Cheese

In addition to Greek yogurt, cottage cheese makes an interesting replacement for sour cream. To get that tangy flavor, mix one tablespoon of lemon juice or white vinegar to one cup of cottage cheese; using a blender or food processor, blend mixture until smooth.

Fromage Blanc

A creamy low-fat cheese such as Fromage Blanc makes a rich-flavored, low fat spread. It can be whipped to make it fluffy, making it a great topping for fresh fruit for dessert.

Tofu “Sour Cream”

If you're going the non-dairy route, try a soy-based sour cream. If you'd like to make your own non-dairy sour cream at home try this easy recipe: combine silken tofu, a tablespoon of olive oil, 2 teaspoons lemon juice, 2 teaspoons apple cider vinegar, $\frac{1}{2}$ tsp. salt, plus 1 teaspoon sweetener; puree until smooth.

*Use these recipe ideas whenever you want a change of pace—
or make them your own by adding your favorite ingredients, herbs and spices.*