



# LISA CHEPLAK

THE HEALTHY FAMILY

## Veggie Dippers, Chips and Guac

Serves: 2-4

### Veggie Dippers

- radishes
- carrots
- snap peas
- cucumbers

\*can use any other favorite veggies

### Chips

- tortillas, any favorite brand
- salt
- olive oil spray
- other seasonings, chili powder, cumin, paprika

### Guacamole

- 2-4 ripe avocados
- $\frac{1}{4}$  cup finely diced red onion\*optional
- handful of cilantro, finely chopped
- jalapeno-optional
- 1 garlic clove, minced
- $\frac{1}{2}$  tsp chili powder
- $\frac{1}{2}$  tsp cumin
- $\frac{1}{2}$  tsp salt
- Juice of 1 or 2 limes

### Directions:

1. Prepare veggie dippers: cut radishes into thick rounds, peel carrots and cut into sticks, wash cucumbers (can peel if desired) cut into sticks, wash snap peas, arrange all veggies on platter
2. For chips: line a sheet pan with parchment paper. Cut the tortilla into 8 triangles. Add to the sheet pan and spray each side of the tortilla with olive oil cooking spray. Season with salt and any other seasonings that you like.



3. Bake in a 300-degree oven for 10-12 minutes, flipping halfway through. Remove from the oven when they are nice and crispy and lightly browned.
4. For the guacamole: Peel avocado and remove pit. Mash well. Mix in onions, cilantro, jalapeno, garlic and seasonings. Stir in lime juice and adjust seasonings to taste. Add to platter.
5. Complete your snack platter with the veggie dippers, bowl of guacamole and freshly baked chips! Enjoy!