

# SAZ'S™

## Cooking Notes

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### Mad About Dips

It's a festive time of the year – March Madness is heating up. As your favorite teams fight it out in the big tourney it's a great time to have friends and family over for a casual nosh. So grab a lazy susan and fill it up with a medley of dips.

Dips pair well with chips & crackers, fruits & veggies, meats and more. As always it helps to know your audience, but even if you don't you can bring a selection of dips to please even the pickiest eaters. Go with a couple of traditional offerings like salsa for chips, hummus for pitas and dill dip for veggies. But then you can let your imagination run wild. Here are a few ideas to get the dip ideas flowing.

Avocados make great bases for dips. (Plus they are packed with B-vitamins, Vitamin E, potassium and are a great source of fiber.) If you haven't worked with fresh avocados here's the trick: slice the avocado lengthwise rotating the fruit in order to cut around the center seed, or stone. Then hold the bottom of the avocado in one hand and with the other hand on the top half simply twist the halves in opposite directions. This will separate the halves. Take your knife and tap the center seed and then with avocado in one hand and knife/seed in the other rotate the knife and seed until they break away from the avocado meat. Now you can scoop the avocado out into a bowl and mash with a fork. Mix with any or all - chopped onions, jalapeños, tomatillos, cilantro, garlic, lime, hot chili sauce - you name it. Epicurious has a yummy [Avocado and Tomatillo Dip](#) recipe to try.

Sour cream and mayonnaise also are popular bases for party dips including dill or onions dips and green goddess dip. For a tasty dill dip mix equal parts of mayo and sour cream with chopped dill, minced or finely chopped onion, and lemon juice to taste. Or try sour cream and a dollop of mayo with finely chopped scallions or onions, crumbled blue cheese and a little lemon juice. A fresh dip for tuna skewers is made with Hellman's light mayonnaise, Dijon mustard, finely chopped fresh tarragon and a dash of lemon juice. And Epicurious

has a great recipe for [Green Goddess Dip](#),

if you are feeling adventurous.  
Or try a delicious [Cajun Remoulade](#)  
from Saz's own Chef Michael.

Then just sit back and cheer!

