

Zucchini Dip

Courtesy of Carole's Creations

Prep Time: 15 minutes

Standing Time: at least 1 hour

Makes 3 cups

CChints: This dip can be made 1-2 days ahead. It will keep in the refrigerator in an air tight covered container up to 4 days.



1 pound zucchini squash, rinsed and dried
16 ounce reduced-fat sour cream
1/2 cup reduced fat mayonnaise
1 teaspoon prepared horseradish
1 envelope onion soup mix
8 ounce can slice water chestnuts, drained and diced
2 Tablespoons reduce fat milk
Serve with your favorite crackers

The squash needs to be shredded. You can use a hand grater or a food processor with a grating blade. Shred the squash put them on several layers of paper towels. Roll up the paper towels and squeeze out the liquid. Do this 2 or 3 times until most of the moisture is out. Let them sit while you prepare the rest of the dip.

In a large mixing bowl combine the sour cream through water chestnuts, stirring as you add each ingredient. Add the zucchini and stir well. If the dip is too thick for you, add a little of the milk and stir again. Spoon into a serving bowl and cover it. Refrigerate for at least 1 hour to allow the flavors to blend.

Before serving, stir the dip and place the bowl in the center of a serving platter. Scatter chips or crackers around the bowl and enjoy!