

RECIPES FOR GREEN ST. PATRICK'S DAY SNACKS

SPUNKY AVOCADO DIP

1 large or 2 small avocados, mashed	4-oz. can chopped mild chiles
1 tablespoon lemon juice	1/2 teaspoon salt
1/2 cup mayonnaise	1/4 teaspoon pepper
1/2 cup sour cream	

Stir the lemon juice into the mashed avocado. Stir in the remaining ingredients.

Serve with taco chips (or regular chips).

CREAMY PINEAPPLE DIP

8 oz. reduced-fat cream cheese, softened	3 tablespoons honey
5 oz. plain Greek yogurt	2 tablespoons lemon juice
8-oz. can crushed pineapple, juice reserved	

Leave the cream cheese out of the refrigerator half an hour to soften. Stir together the softened cream cheese and the yogurt. Drain the pineapple well and reserve the juice. Stir the drained pineapple and 3 tablespoons of the pineapple juice into the yogurt mixture. Stir in the honey and the lemon juice.

Serve with sliced green apples. (If you have some lemon juice and/or some pineapple juice left over, pour it over the apple slices and stir the apples. It will keep the apples from turning brown.)