

2013 HERB FEST RECIPES

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Herbed Yogurt Dip

Makes 1 ¾ cups

1 quart plain low-fat yogurt (or low-fat Greek Yogurt)

2 scallions, finely chopped

2 T chopped fresh basil

2 T chopped fresh parsley

1 garlic clove, crushed through a press

¼ t fresh ground pepper

Salt to taste

Strain yogurt by lining a sieve or strainer with paper towels and place over a bowl. Place another paper towel over the yogurt and place a saucer on top. Refrigerate for 2-4 hours until the yogurt has thickened into a soft cheese-like consistency. Discard the whey in the bottom of the bowl.

Mix all the ingredients together. Cover and chill at least 2 hours, or up to 1 day, to blend the flavors.

Serve chilled with chips, veggies, or crackers

Pesto-Mascarpone Dip

Makes 1 $\frac{3}{4}$ cup

1 cup packed fresh basil leaves

$\frac{1}{4}$ cup freshly grated parmesan

2 garlic cloves, crushed through a press

$\frac{1}{4}$ cup extra-virgin olive oil

8 $\frac{1}{2}$ oz container mascarpone cheese, at room temperature

$\frac{1}{3}$ cup sour cream

Salt and pepper to taste

Combine the basil, parmesan, and garlic in a food processor and process until finely chopped. With the processor running, gradually add the oil to make a puree. Add the mascarpone and sour cream and process, scraping bowl occasionally. Season with salt and pepper. Cover and chill at least 2 hours, or up to 2 days.

Serve room temperature with toasted bread, crostini, cherry tomatoes, veggies, or on a sandwich

Dilled Shrimp Spread

Makes 2 $\frac{3}{4}$ cups

12 oz cooked shrimp, finely chopped

12 oz container whipped cream cheese at room temperature

2 T fresh lemon juice

1 $\frac{1}{2}$ T chopped fresh dill, plus more for garnish

$\frac{1}{2}$ t Worcestershire sauce

Hot red pepper sauce to taste

Mix all ingredients. Cover and chill at least 2 hours, or overnight.

Serve chilled with dill sprig garnish. Goes lovely spread on sliced toasted bread, pita toasts, crackers, or cucumber slices.

Zucchini, Mint, and Garlic Dip

Makes 2 cups

2 cups plain whole or low-fat yogurt

2 medium zucchini (about 14 oz)

½ t salt

4 t freshly chopped mint

1 garlic clove, crushed through a press

Fresh ground pepper to taste

Strain yogurt for about an hour, until ¾ cup of whey has drained from yogurt. Throw away the whey.

Shred zucchini and toss with ½ t salt. Let stand for 1 hour. Squeeze excess liquid from zucchini.

Combine all ingredients. Season with salt and pepper. Cover and chill at least 2 hours.

Serve chilled with pita chips, veggies, on a sandwich, or on grilled chicken or vegetables.