



A Program of



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SUMMER SPREAD

A homemade veggie spread can add flavor and nutrients to a cold-cut sandwich or take center stage as a topping for veggies or crackers. Customize the taste of your summer spread by trying out different combinations of herbs or adding other seasonings to the mix!

SERVINGS: 4 | RECIPE TIME: 10 mins.

Ingredients:

- 4 oz low-fat cream cheese, whipped or softened
- ½ carrot, grated
- ½ bell pepper, finely diced
- 2 green onions, finely chopped
- 1 T fresh parsley, chopped
- 1 t lemon juice
- Additional tender herbs of your choosing (dill, thyme, oregano, basil, etc.)

Directions

1. Mix all ingredients with a rubber spatula until creamy.
2. Use as a spread for sandwiches, crackers, or on vegetables.
3. Store leftover spread in the fridge and use within 3 days.



Recipe adapted from Leah's Pantry: Around the Table curriculum