



THE
DIPS
&
SNACKS
COOKBOOK

NYPBeHealthy



FOREWORD

This cookbook that features delicious and nutritious recipes was created by chefs and physicians in collaboration with the registered dietitians of NewYork-Presbyterian's employee wellbeing program, *NYPBeHealthy*. These are the easy-to-follow recipes that our NYP Hudson Valley Chef Peter X. Kelly Teaching Kitchen team use in their cooking classes. An important part of NewYork-Presbyterian's mission as an academic medical center is to support the health and wellbeing of its staff as they care for patients and families. Additional recipes and cookbooks can be found [here](#).

DIPS & SNACKS

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White Bean Rosemary Garlic & Sage Dip

Ingredients

- 2 Tbsp fresh lemon juice
- 2 Tbsp extra virgin olive oil (or another plant-based oil)
- 1/4 teaspoon freshly ground black pepper
- 1 garlic clove chopped
- 1 (15-oz) can cannellini beans or other white beans,
rinsed and drained (low sodium preferable)
- Salt to taste
- 2 tsp minced fresh rosemary
- 2 tsp minced fresh sage
- A splash of cold water to adjust texture as you like it



Directions

1. In a food processor combine lemon juice, olive oil, black pepper, garlic, white beans and salt (optional).
2. Fold in minced rosemary and sage.

This dish will keep in the refrigerator 5-7 days.

Avocado & Egg Dip

Serves 1

Ingredients

- 1 hard-boiled egg
- 1/4 avocado, ripe
- 1/2 tsp mustard
- 1/4 tsp smoked paprika
- Salt and pepper to taste
- Crackers (whole grain preferable)



Directions

1. Mash all ingredients in a bowl to make a chunky dip.
2. Serve with whole grain crackers.

This dish should be consumed upon making it, as it contains avocado and will turn brown within hours of assembly.

Spiced Toasted Nuts

Yield: 2 cups

Ingredients

2 cups raw whole nuts (almonds, walnuts, cashews, pecans best choices; unsalted preferable)

2 Tbsp extra-virgin olive oil (or another plant-based oil)

2 Tbsp maple syrup

Salt to taste

1 teaspoon ground cinnamon

1/4 teaspoon ground ginger



Directions

1. Preheat oven to 350°F.
2. Toss the nuts with the olive oil, maple syrup, salt, cinnamon, and ginger to coat.
3. On a sheet pan, covered with parchment paper, spread nuts out evenly.
4. Bake for 7-10 minutes, until aromatic and slightly browned.
5. Nuts will crisp as they cool.

Variations If you want a more savory version you can swap out cinnamon for 1/4 tsp each of dried rosemary, sage, and thyme.

These will keep in the refrigerator 5-7 days, or in the freezer up to 3 months.

Whole Wheat Pita Chips

Serves 8-10

Ingredients

- 2 packs of whole wheat pita bread
- 2 Tbsp olive oil (or another plant-based oil)
- ½ teaspoon smoked paprika
- Salt to taste



Directions

1. Preheat the oven to 375°F degrees.
2. With a paper towel or pastry brush, brush the pita rounds with the oil.
3. Cut the pita rounds into eight wedges.
4. Sprinkle with smoked paprika and salt, and bake for 5-10 minutes, or until browned.
5. Cool completely, otherwise they won't get crunchy.

This dish will keep in the refrigerator 5-7 days.

Black Bean Dip

Serves 4-6

Ingredients

2 Tbsp cup extra virgin olive oil (or another plant-based oil)

1 small yellow onion, chopped

2 cloves garlic, peeled and chopped into large chunks

1/2 jalapeño peppers, seeded and chopped

1 (15.5 ounce) cans black beans, rinsed and drained

(low sodium preferable)

Salt to taste

1/2 tsp ground cumin

Fresh lime juice, from one lime, plus more if desired

3 Tbsp cold water

1/4 cup fresh chopped cilantro, plus more for garnish (optional)



Directions

1. Heat the olive oil over medium heat in a small saucepan. Add the onions, garlic and jalapeño peppers and cook, stirring occasionally, until very soft, about ten minutes. Do not brown.
2. Transfer the cooked onion mixture to a blender or food processor and add lime juice and water (if using blender) then the black beans, salt, cumin, and cilantro.
3. Blend until smooth (if you're using a blender, you may need to stop and stir a few times to help it out). If the dip is too thick, add more water or lime juice. Serve warm, cold or room temperature with homemade tortilla chips or grilled vegetables.

These will keep in the refrigerator for 3-5 days, or in the freezer up to 3 months.

Homemade Hummus

Makes approximately 4 cups of hummus

Ingredients

2 (15 oz) cans of chickpeas, drained and rinsed (low sodium preferable)

1/4 cup extra-virgin olive oil, with more if needed plus some for garnish

1/2 lemon, juiced

1/4 cup tahini (sesame paste) — if you don't have tahini you can use cashew butter. Otherwise leave it out and add 2 Tbsp more olive oil

1 clove garlic, peeled and chopped

Salt to taste

1 tsp ground cumin

Freshly ground black pepper

1/4 cup cold water

Paprika, for garnish



Directions

1. In a food processor or blender, combine all ingredients.
2. Blend on low speed until smooth. You'll need to stop the food processor several times and push down ingredients. If the mixture seems to dry and difficult to mix, add a spoon or two more of olive oil or water.
3. Transfer the hummus to a plate and top with a drizzle of olive oil, and paprika.

Enjoy! Can keep in the refrigerator 5-7 days.

Tomato & White Bean Dip

Serves 6-8 **Ingredients**

- 1 shallot (or 1/4 cup chopped red or white onion)
- 2 cloves garlic
- 2 Tbsp olive oil
- 2 Tbsp tomato paste (low sodium preferable)
- 1/2 tsp paprika
- 1 (14 oz) can butter beans, drained (or another white bean, low sodium preferable)
- 2 Tbsp red wine vinegar (or cider or sherry vinegar)
- 1/4 cup olive oil
- Salt to taste
- Handful fresh parsley, chopped
- Pita chips, crusty bread, or crackers (whole wheat preferable)



Directions

1. Mince the shallot and garlic. In a skillet, add the shallot, garlic, 2 Tbsp olive oil, and tomato paste. Sauté over low heat for a few minutes, stirring often, until the oil gently bubbles—this is a low and slow process.
2. Add the paprika and stir. Add the drained beans, vinegar, and 1/4 cup olive oil. Stir to coat the beans and cook for 5 minutes or so to warm the beans.
3. Mash beans gently leaving some whole using a fork or potato masher.
4. Remove from the heat, add salt to taste, and sprinkle with parsley. Serve with pita chips, crusty bread, or crackers. This is also delicious with a poached or fried egg on top.

This dish will keep in the refrigerator 5-7 days.

Chickpea Flatbread

Serves 2

Ingredients

1 cup chickpea flour

1 cup (8 ounces) water

1 1/2 tablespoons (plus more for pan) olive oil

Sea salt to taste

1/2 teaspoon za'atar (or mix of herbs: thyme, rosemary, sesame seeds, paprika, whatever you like)



Directions

1. Whisk together the chickpea flour, water, olive oil, and salt in a small bowl. Let rest for 1/2 hour to 2 hours in the refrigerator to give the flour time to absorb the water.
2. Heat the oven to 450°F and preheat a 10-inch pan for 5 minutes.
3. Drizzle a teaspoon or so of olive oil into the pan and swirl to coat the bottom.
4. Whisk the chickpea batter quickly and then pour about a third into the hot skillet. (Half of the batter for a thicker crepe)
5. Bake the flatbread for 8-10 minutes, until it's cooked through. **Optional:** Heat under the broiler to blister the top.
6. Move the flatbread to a plate, top with warm veggies and za'atar, and serve.

This dish will keep in the refrigerator 5-7 days.

Loaded Nachos

Serves 8-10

Ingredients

- 3 medium sweet potatoes, cut into 1/2-inch cubes
- 2 Tbsp olive oil (or any plant-based oil)
- 1 tsp ground cumin
- 1 tsp smoked paprika
- Salt to taste
- 1 can black beans, drained (low sodium preferable)
- 2 cups spinach, chopped (or 1 cup frozen spinach, thawed and squeezed)
- 1/2 cup pickled jalapenos, optional (or any pickle of your choosing)
- 1 bell pepper, diced
- 1/2 cup red onion, minced
- 3 cups shredded Mexican blend cheese, divided
(or any kind of cheese that will stretch when it melts: cheddar, jack etc., low fat is preferable)
- 1 bag tortilla chips (low sodium or whole wheat preferable)
- 1 cup guacamole
- 1/4 cup cilantro, chopped



Directions

1. Preheat oven to 400°F.
2. Toss sweet potatoes in olive oil, cumin, smoked paprika, and salt. Place on parchment lined sheet pan and roast, for 40 minutes, until golden and tender.
3. In a large bowl, toss black beans, chopped spinach, pickled jalapenos, bell pepper, red onion, roasted sweet potatoes and half of the cheese.
4. On a sheet pan covered with parchment paper, spread out half the bag of chips. Cover with half the mixture in the bowl. Repeat, and top with remaining cheese.
5. Place in oven and bake for 10 minutes.
6. Turn oven to broil, and broil for 2-5 minutes, until cheese is lightly browned. Be careful not to burn!
7. Top with guacamole and cilantro to serve.

Enjoy! Can keep in the fridge 5-7 days.

Beetroot Hummus

Makes 6-8 Servings

Ingredients

- 2 beets (about 1 1/2 cups)
- 1 (15oz) can chickpeas, rinsed and drained
(low sodium preferable)
- 2 tsp chopped garlic
- 1/2 lemon, juiced (about 2 Tbsp)
- 2 Tbsp tahini
- 2 Tbsp olive oil (or another plant-based oil)
- 2 Tbsp cold ice water
- Salt to taste (about 1/4 teaspoon)



Directions

1. Preheat oven to 375°F.
2. Wash beets and wrap in tin foil and roast for 30-40 minutes until you can pierce through the beet with a knife, meeting little resistance. Allow to cool.
3. Peel the beet, cut into chunks and add to a food processor with remaining ingredients.
4. Blend until desired consistency is achieved.
5. Serve as a snack with crackers, or on a sandwich!
6. Stores in refrigerator in an airtight container for up to 5 days.

Note: If you'd like to turn this into a creamy pink salad dressing, simply add a bit more lemon juice and olive oil, adjusting salt to taste.

Enjoy! Can keep in the refrigerator 5-7 days.

Panelle (Chickpea Fritters)

Makes 40-50 small fritters

Ingredients

2 tsp olive oil for greasing baking sheet (or another plant-based oil)

1 cup chickpea flour, sifted, plus 1/2 cup chickpea flour for dredging fritters

Salt to taste

5 cups cold water

1/2 cup canola oil + 1/2 cup olive oil for frying (baking preferable)



Directions

1. Grease a sheet pan with oil, set aside.
2. In a medium pot, whisk together 1 cup chickpea flour and salt. Slowly add the water, whisking to avoid lumps.
3. Simmer on low heat 10-15 minutes, stirring often until the mixture has thickened and is just barely pourable.
4. Using a rubber spatula, remove from the pot, and spread on the prepared sheet pan. Allow to set until it is firm, and at least room temp.
5. Cut mixture into triangles, heat large pan with mixed oils, dredge each slice with remaining chickpea flour.
6. Pan fry slices until golden. Place on paper towels to drain.

Enjoy! Can keep in the refrigerator 5-7 days