RECIPES continued from page 17



Cucumber Cups

Yield: 16 servings

- 2 English cucumbers
- 1 container Sabra hummus
- 1 teaspoon paprika
- 1 bunch parsley, finely chopped

Peel cucumbers and slice lengthwise into 1 1/4-inch pieces.

Using melon baller, carve out seeds to create a vessel, making sure to leave bottom intact.

Using piping bag or small spoon, fill each with hummus, about 1 teaspoon each.

Sprinkle with paprika and finely chopped parsley.

Check Out... hervoiceonline.com

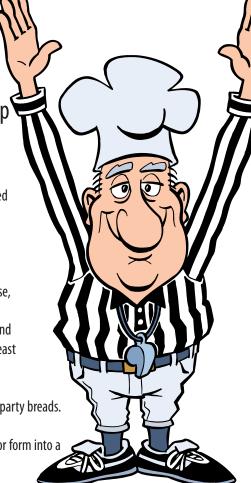
Dill Pickle and Dried Beef Dip

1 cup of chopped dill pickles
1/8 tsp. garlic powder
1-8 oz. cream cheese, softened
1/4 tsp. black pepper
1 cup sour cream
1/2 lb. dried beef, chopped

Mix together the cream cheese, sour cream and seasonings. Then fold/stir in the pickles and dried beef. Best if chilled at least 6 hours or overnight.

Serve with crackers, Fritos or party breads.

Optional: Add chopped nuts or form into a ball and roll in chopped nuts.



605.665.7762

270I Fox Run Parkway Yankton, SD 57078

visioncare

ASSOCIATES
See the best™

FOR OUR

Take the time to make a healthy New Year's Resolution

for your eyes...

ANNUAL

EYEEXAM

CALL NOW FOR

AN APPOINTMENT



www.visioncareassociates.net