



Whipped 1,000 Isle Dip

By Erin Fletter

Prep Time 15 / **Cook Time** / **Serves** 4 - 6

Fun-Da-Mentals Kitchen Skills

grate: to reduce food, like a carrot, to very small shreds or pieces of the same size by rubbing it on a tool with an outside surface that has holes with cutting edges (a grater).

measure: to calculate the specific amount of an ingredient required using a measuring tool (like measuring cups or spoons).

whip: to beat food with a whisk or mixer to incorporate air and produce volume.

Equipment

- Mixing bowl
- Cutting board + kid-safe knife
- Grater
- Liquid measuring cup
- Measuring spoons
- Citrus juicer (optional)

Ingredients

Whipped 1,000 Isle Dip

- 1/2 cucumber, grated
- 1/4 C ketchup ******(for TOMATO ALLERGY sub sweet chili sauce—check ingredients carefully for any allergens)******
- 1/4 C mayonnaise ******(for EGG ALLERGY sub sour cream or coconut cream)******
- 1/4 tsp onion or garlic powder

- 1 tsp soy sauce **** (for GLUTEN/SOY ALLERGY sub coconut aminos)****
- 1 pinch of salt
- 2 tsp brine from Quick-Pickled Cabbage
- 1/2 orange, juiced (omit if allergic)

Food Allergen Substitutions

Whipped 1,000 Isle Dip

GLUTEN/WHEAT: Substitute coconut aminos for soy sauce in Dip.

TOMATO: Substitute sweet chili sauce for ketchup in Dip (check ingredients carefully for any allergens).

EGG: Substitute sour cream or coconut cream for mayonnaise in Dip.

SOY: Substitute coconut aminos for soy sauce in Dip.

Instructions

Whipped 1,000 Isle Dip

grate + measure + add

Grate **1/2 cucumber** and add to a mixing bowl. Measure and add to the bowl **1/4 cup ketchup, 1/4 cup mayonnaise, 1/4 teaspoon onion powder, 1 teaspoon soy sauce, 1 pinch of salt, 2 teaspoons of the brine** from the Quick-Pickled Cabbage, and the juice from **1/2 of an orange**.

whip + top

Whip until combined and top a salad, burger, or sandwich, like our Tasty Toasted Portobello Reuben Sammies (see recipe) with the dip and enjoy!