

FLOWER POWER VEGGIE SKEWERS

Ingredients:

- 1 large carrot, peeled
- 1 medium hot house or English cucumber
- 1 large red bell pepper, with flat sides
- 8 cherry tomatoes
- 8 sugar snap peas
- 4 ounces whipped cream cheese
- 1/2 tablespoon lemon juice
- 1/2 tablespoon olive oil
- 1 teaspoon Dijon mustard

Directions:

1. To make petals, make four or five shallow V-shaped cuts down the length of the carrot and cucumber, spaced evenly apart.
2. Cut carrot and cucumber into 1/4-inch thick pieces. Alternatively, use a channel knife to make cuts down the length of the carrot and cucumber.
3. Cut the top and bottom off the pepper and remove the membrane and seeds.
4. Using a heart-shaped cookie cutter, cut hearts out of the bell pepper.
5. Place a cherry tomato, cucumber, carrot, sugar snap pea, and a bell pepper heart onto a bamboo skewer.
6. In a small bowl mix together the cream cheese, lemon juice, olive oil and Dijon mustard until smooth.
7. Serve cream cheese mixture as a dip for the skewers.

Makes eight skewers.

