



Nutritionist Harpreet Pasricha's Approved Dips

Flavour-packed | Nutrient-dense | Party-perfect

Note: These dips are crafted from wholesome ingredients. While rich in nutrients, some contain healthy fats—so enjoy in moderation.



Harpreet Pasricha



By Nutritionist
Harpreet Pasricha

List of Contents

1. Sizzling Mediterranean Garlic-Chilli Yogurt Dip
2. Baked Corn & Vegetable Dip
3. Mexican Baked Bean Dip
4. Parsley-Feta Dip
5. Beetroot Tzatziki
6. Roasted Cherry Tomato & Basil Dip



1. Sizzling Mediterranean Garlic-Chilli Yogurt Dip

Ingredients:

- 1 cup Greek yogurt (or hung curd)
- 1 tbsp olive oil
- 1 tbsp chopped garlic
- 1 green chilli, finely chopped
- 1 tbsp chopped parsley

Method:

1. Heat olive oil in a pan. Add garlic, chilli, and parsley; sauté until aromatic.
2. Spread Greek yogurt in a serving bowl. Drizzle the prepared chilli-garlic oil over it.
3. Serve with multigrain lavash or cucumber sticks.

Nutritional Note:

High in probiotics and anti-inflammatory compounds. Ideal as a dip with veggie sticks or as a spread on sourdough bread.

Calories (2 tbsp): ~90 kcal



2. Baked Corn & Vegetable Dip

Ingredients:

- 1 cup boiled corn kernels
- 1 tbsp olive oil
- 2 tbsp chopped red bell pepper
- 1 tbsp chopped jalapeños
- 2 tbsp milk
- 1 tbsp Greek yogurt
- ¼ tsp cayenne pepper
- ¼ cup grated cheese

Method:

1. Sauté corn in olive oil until lightly charred.
2. Add bell pepper and jalapeños; cook for a few minutes.
3. Combine with milk, yogurt, cayenne pepper, and half of the cheese.
4. Transfer to a baking dish, top with remaining cheese, and bake at 180°C for 15 minutes.
5. Serve warm with falafel, vegetable, or chicken cutlets.

Nutritional Note:

Rich in fiber, vitamin C, and calcium. Suitable for children's snacks or tiffin. Not ideal for weight loss diets but perfect for those seeking nutritious options.

Calories (2 tbsp): ~110 kcal



3. Mexican Baked Bean Dip

Ingredients:

- 1 cup cooked rajma (kidney beans)
- Salt and pepper to taste
- 1 tsp Mexican seasoning
- 2 tbsp hot water
- ¼ cup grated cheese
- 1 tbsp chopped onions
- 1 tbsp chopped tomatoes

Method:

1. Mash cooked rajma with hot water, salt, pepper, and Mexican seasoning.
2. Spread the mixture into a baking dish and top with cheese.
3. Bake at 250°C for 10 minutes.
4. Garnish with chopped onions and tomatoes. Serve with nachos or vegetable chips.

Nutritional Note:

High in protein and fiber, supporting blood sugar control. Great for children who are picky eaters.

Calories (2 tbsp): ~100 kcal



4. Parsley-Feta Dip

Ingredients:

- ½ cup feta cheese
- 2 tbsp thick yogurt
- ¼ tsp cumin powder
- Salt to taste
- 2 tbsp chopped parsley leaves
- 1 tsp olive oil

Method:

1. Blend feta cheese, yogurt, and salt until smooth.
2. Mix in cumin powder and chopped parsley.
3. Drizzle with olive oil. Serve as a spread or dip with whole wheat crackers.

Nutritional Note:

Rich in calcium, iron, and healthy fats. Suitable for children when paired with cutlets or ragi chips.

Calories (2 tbsp): ~90–100 kcal



5. Beetroot Tzatziki

Ingredients:

- 1 small beetroot, grated and excess water squeezed out
- ½ cup hung curd
- ½ tsp garlic and green chilli paste
- Salt to taste
- Fresh dill and lemon juice to taste
- 1 tsp extra virgin olive oil

Method:

1. In a bowl, combine grated beetroot, hung curd, garlic-chilli paste, salt, dill, and lemon juice. Mix well.
2. Drizzle with olive oil and garnish with additional dill.
3. Serve chilled.

Nutritional Note:

High in antioxidants and probiotics. Suitable for weight loss diets; pairs well with vegetable sticks or chilla.

Calories (2 tbsp): ~60–70 kcal



6. Roasted Cherry Tomato & Basil Dip

Ingredients:

- 1 cup cherry tomatoes, halved
- 4 garlic cloves
- 1 tsp olive oil
- Salt, pepper, and chilli flakes to taste
- ½ tsp balsamic vinegar
- Fresh basil leaves

Method:

1. Toss cherry tomatoes and garlic cloves in olive oil. Roast at 200°C for 20 minutes until tomatoes are juicy.
2. Mash the roasted garlic and combine with tomatoes. Add salt, pepper, chilli flakes, balsamic vinegar, and chopped basil. Mix well.
3. Serve warm or chilled.

Nutritional Note:

Rich in lycopene, antioxidants, and dietary fiber. Ideal for weight loss diets; versatile as a spread on chilla, roti, or sandwiches.

Calories (2 tbsp): ~40–50 kcal



Reminder:

These dips are crafted from clean, nourishing ingredients, promoting gut health, skin vitality, and sustained energy. However, they are not necessarily low in calories. Enjoy them mindfully and in moderation.