

## **RECIPES FROM ROCHELLE'S TUPPERWARE KITCHEN**

*NOT JUST A COOKBOOK by Rochelle Rothman*

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### **TUNA DIP**

1 small onion	1/2 cup light mayonnaise
1 tsp low sodium soy sauce	1/8 tsp. black pepper
1 celery stick	13 oz. tuna, drained

Dice onion and celery, place in blender or food processor. Add mayonnaise, pepper and soy sauce. Mix well. Drain tuna and add to mixture; turning machine on and off making sure mixture becomes a "grainy" consistency. Have a carrot ready to dip and taste. **WARNING:** Never dip with garlic bread--you'll eat the whole loaf! YUM! Stores very well in a sealed *Tupperware* container in the refrigerator.

### **MAYO/PICK DIP**

1 clove garlic, minced	1 cup low fat mayonnaise
1 sour pickle	fresh dill

Dice up pickle and put in blender or food processor with crushed garlic. Add mayonnaise and some fresh dill. Mix well until dill is totally absorbed. Dip in cucumber to taste it. **NOTE:** You will find it safer than crackers when you can't stop eating it! Makes a great "tarter" sauce for fish; salad dressing or just a "nosh" anytime! Stays fresh for two weeks in the refrigerator in a sealed *Tupperware* container--it usually is eaten way before!

### **FRUIT DIP**

1 16 oz. container whip	1 1/2 tsp. strawberry or cherry punch powder
1 tsp. vanilla sugar	several drops lemon juice

Whip the topping until almost stiff; add the punch powder and vanilla sugar. Store in sealed, airtight bowl until ready to serve. Add several drops of lemon juice to mixture; stir slowly. Place in center of fruit display for a *yummy* sweet n sour dip!