



DIP IT TO WIN IT



The Duda family is so passionate about growing fresh fruits and vegetables and have been doing it for nearly 100 years! It all began with Andrew Duda and 40 acres of land and a dream. Now, six generations later, the Duda family continues this legacy by producing farm-fresh products featuring the Dandy® brand.

Between the responsible farming practices and the grab-and-go products developed with busy lifestyles in mind, you can trust that Dandy® products are grown, harvested and shipped with quality and care – from the Duda family to yours!





1926

Andrew Duda took his first cart of celery to market.

1953

Duda officially launched the Dandy® brand.

1960

Duda acquires citrus groves and begins to grow the states famous oranges and grapefruits.

1979

Duda expands their fields beyond Florida and even the United States and begins to offer celery, citrus, radishes, sweet corn, lettuce and more.

2008

Duda opens doors to a new state-of-the-art facility to cut their fresh-cut celery products in Oxnard, CA.

2016

Duda Farm Fresh Foods celebrates 90 years of providing you with healthy, fresh produce.

The Future

We have more generations of innovation coming your way!



We all know fresh vegetables are a staple in eating a healthy, delicious diet. When you bite into them, they give a crunch and mouthful of flavor coming straight from nature. Combining them with delicious dips is a way to amplify the enjoyment for all to love!

Vegetables and dips can be an irresistible combination. While dips offer amazing flavors and textures, they are easy to prepare and include simple ingredients. They are great anytime, whether just to have a snack at home or to share with others on special occasions. All varieties of dips, whether hot or cold, sweet or savory, are a perfect compliment to the vegetables we enjoy!

We partnered with Duda Farm Fresh Foods to provide this eBook filled with dips that are perfectly paired with some of America's favorite vegetables such as celery and radishes. The variety of these dips will be sure to impress! Savor all the flavor these dips have to offer!



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COLD BELL PEPPER CRAB DIP
SPINACH ARTICHOKE DIP
HOT BUFFALO CHICKEN DIP
PEANUT BUTTER DIP
HERB CREAM CHEESE DIP
CREAMY HUMMUS
YOGURT FETA DIP







COLD BELL PEPPER AND CRAB DIP

- 4 oz Cream Cheese (softened)
- 3 tbsp Sour Cream
- ½ cup Finely Diced Green Bell Pepper
- ½ cup Finely Diced Red Bell Pepper
- 1 tsp Lemon Juice
- ¼ tsp Old Bay Seasoning
(adjust more or less to taste)
- 8 oz Lump Crab Meat
(squeezed to remove any water/moisture)
- 2 tbsp Chives (chopped)

Instructions

Blend together the cream cheese, sour cream, lemon juice, and seasoning in a blender or food processor, until smooth.

Fold in the crab meat, bell peppers and chives using a spatula. (Do this gently and don't over-mix. You want some lumps of crab throughout.)

Transfer to a bowl, cover in plastic wrap, and chill until ready to serve.





SPINACH ARTICHOKE DIP

- 1 14 oz can Artichoke Hearts
- 1 10 oz package Frozen Spinach
- 1 8 oz package (low fat) Cream Cheese
- 1 cup Plain Greek Yogurt
- ½ cup Parmesan (grated)
- ½ cup Mozzarella (shredded)
- 3 cloves Garlic (minced)
- Salt and Pepper (to taste)
- Optional: 1 4 oz jar Green Chiles (drained)

Instructions

Prep: Drain and roughly chop artichoke hearts. Thaw spinach (in the microwave for 30 seconds), then press out as much moisture as possible.

Cheese: Add cream cheese, yogurt, Parmesan, and mozzarella to a large pot. Heat over medium until cheese has melted, stirring often.

Veggies: Stir in artichoke hearts, spinach, and garlic. For a spicier dip, add drained green chiles. Add salt and pepper to suit your taste. Continue cooking until mixture is hot, about 5 minutes.

Transfer to serving bowl. Ready to serve.





HOT BUFFALO CHICKEN DIP

- 2 cups Shredded Cooked Chicken
- 1 package (8 oz) Cream Cheese (softened)
- ½ cup Frank's RedHot® Original Cayenne Pepper Hot Sauce
- ½ cup Ranch Dressing
- ½ cup Blue Cheese Crumbles
- Green Onions (to garnish)

Instructions

PREHEAT oven to 350°F.

Mix all ingredients in a large bowl.

Spoon into shallow 1-quart baking dish.

BAKE 20 minutes or until mixture is heated through; stir.

Transfer to serving bowl. Sprinkle with green onions (optional).

Ready to serve.





PEANUT BUTTER DIP

- 1 cup Plain Nonfat Greek Yogurt
- 3 tbs Creamy Peanut Butter
- 1-2 tbs Maple Syrup or
Honey to Taste

Instructions

Stir yogurt, peanut butter, and maple syrup or honey until no lumps remain.

Transfer to a bowl, cover in plastic wrap, and chill until ready to serve.





HERB CREAM CHEESE DIP

- 12 oz Cream Cheese (softened)
- 1 cup Heavy Cream
- 3 tbs Green Onions (minced)
- 2 tbs Fresh Dill (minced)
- 1 tbs Fresh Chives (minced)
- Grated Zest of 1 Lemon
- 1 tbs Freshly Squeezed Lemon Juice
- 1 tsp Salt
- ½ tsp Pepper
- ⅛ tsp Crushed Red Pepper Flakes

Instructions

Use an electric mixer whisk to beat the cream cheese. Whisk until smooth. Set the mixer to low speed and slowly add the heavy cream until well incorporated. Add the scallion, dill, chives, lemon zest, lemon juice, salt and pepper(s). Whisk until the mixture thickens and firms.

Line a 6-inch mesh strainer or sieve with two layers of cheesecloth. Pour the cream cheese mixture into the cloth, press slightly and smooth the top. Fold any excess cheesecloth over the top of the cream cheese mixture. Place the mesh strainer over a small bowl to catch liquid that will drain through the cheesecloth. Transfer to a bowl, cover in plastic wrap, and chill until ready to serve.





CREAMY HUMMUS

- ❑ 2 cans (15 oz cans) Organic Chickpeas (drain one can and reserve water from the second can)
- ❑ 3/4 cup Tahini
- ❑ Juice from 1 Large Lemon
- ❑ 3 cloves of Garlic
- ❑ 2 tsp Sea Salt (adjust to your taste)
- ❑ 1 tsp Pepper

Instructions

Blend everything until smooth and creamy.

Plate the hummus in a shallow bowl, cover in plastic wrap, and chill until ready to serve.

Optional: Decorate with chopped purple onions, roasted chickpeas, cherry tomatoes, parsley, lemon wedges, and crushed red pepper.





YOGURT FETA DIP

- 1 Garlic Clove (grated)
- 1 tbs Fresh Lemon Juice
- 1 cup Plain Whole-milk Greek Yogurt
- 2 tbs Milk
- ¼ cup Crumbled Feta Cheese
- ¼ tsp Aleppo Style Pepper or Pinch Red Pepper Flakes
- 1 tsp Honey
- 2 tbs Scallions (finely chopped)
- 1 tbs Chopped Dill
- 1 tsp Tarragon (chopped)
- Salt and Pepper

Instructions

In a bowl, combine the garlic and lemon juice. Let sit 5 to 10 minutes (to mellow out the garlic flavor).

Add the yogurt, milk, feta, Aleppo style pepper, honey, scallions, dill and tarragon. Season well with salt and pepper. If you have some time, let the dip sit for 30 minutes to let the flavors mend (if not, it's still good if served immediately!). Transfer to a bowl, cover in plastic wrap, and chill until ready to serve. Before serving drizzle with olive oil.

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