

## **Crudités with Kimchi Cream Cheese Dip**

*5 minutes active time / Makes 1 heaping cup*

Not everyone likes kimchi straight, which is why when I help people start incorporating it into their diet, I often give it a little bit of a disguise. Blended into cream cheese, it makes a dip as addictive as the packaged soup mix dips of our youth. If you don't have a food processor, just mash all the ingredients together with a fork. It won't be as smooth, but it's just as effective.

Since this travels well (and tastes great at room temperature), it's a good go-to snack to leave in the fridge at work or bring on trips.

8 ounces cream cheese (cultured, if possible), at room temperature

1/2 cup unpasteurized kimchi (with juice)

1 teaspoon sea salt

Cut raw vegetables, such as cucumbers, carrots, celery, radishes, cauliflower, jicama, broccoli, or snap peas, for serving

In the work bowl of a food processor, pulse the cream cheese, kimchi, and salt until smooth. Serve with the vegetables or transfer to a sealable container and refrigerate for up to 2 months.

### Change It Up:

Stir in 1 cup fresh crabmeat or drained, canned crabmeat. Transfer to a small baking dish, bake at 350 degrees F for 10 minutes, and serve as an appetizer at room temperature, topped with additional kimchi. (You'll lose the dip's original beneficial bacteria, but it tastes great.)

Add 1/2 cup cream and use as a dip for artichokes or a sauce for grilled chicken or salmon.

*\*(c)2014 By Jennifer Adler with Jess Thomson. All rights reserved. Excerpted from *Passionate Nutrition: A Guide to Using Food as Medicine from a Nutritionist Who Healed Herself from the Insider Out* by permission of Sasquatch Books.*