Vegetable Shots
Recipe: Melissa Schenker/Foodie for Two – adapted from Holly Bergman recipe
Serves two foodies

Ingredients:
Creamy Herb Peppercorn Dressing
½ cup mayonnaise
1 ½ teaspoons fine herbs (dried tarragon, parsley, chervil and chives)
¼ teaspoon fresh cracked pepper
1/8 teaspoon onion powder
Pinch of garlic powder
Pinch of salt
1 tablespoon, plus 2 teaspoons milk (1 %)

Vegetables
1 large carrot, peeled (ends trimmed) and cut into thin slices
2 celery stalks, each cut in half and cut into three strips
½ yellow bell pepper, cut into strips
2 to 3 thick pickle slices or cornichons, cut into strips
1 mini cucumber, peeled (ends trimmed) and cut into thin slices and then strips
6 cherry tomatoes (cherubs if available), skewer 3 each on a decorative skewer or cocktail fork
Optional: skewer of olives
Optional: rosemary sprigs for tomato skewers

Directions:
Creamy Herb Peppercorn Dressing:
Add all ingredients to a medium bowl and whisk together until well combined.

Vegetables:
Peel and slice the vegetables and skewer tomatoes (and olives if using). If you don’t have any fancy skewers or tooth picks, use a sprig of rosemary to skewer the cherry tomatoes.

Assemble:
In the bottom of two small glasses, add a good dollop of dressing. Arrange the vegetables upright in the dressing. Add a small amount of dressing in the middle and add the tomato skewers (and optional olives if using). Keep chilled until served.

- Organic celery hearts are great to use because of their size and flavor
- Use dressing for a salad dressing: Add two to three teaspoons milk to thin, until desired consistency
- Lower-fat option: substitute sour cream or Greek yogurt for ¼ cup of the mayonnaise
- Gluten-free dressings can be found in your local grocery store

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