
Quick Veggies with Curry Dip

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Party Recipes from the Charleston Junior League - 1993

Servings: 8

- 1 cup mayonnaise**
- 1 cup sour cream**
- 1 tablespoon chopped fresh parsley**
- 1 teaspoon dried dill weed**
- 1 teaspoon Beau Monde seasoning**
- 1 teaspoon curry powder**
- 1 tablespoon minced scallion**
- 1 can (14 ounce) hearts of palm, drained and sliced into one-inch pieces**
- 1 can (14 ounces) artichoke hearts, drained and cut into quarters**

In a medium-size bowl, combine the mayonnaise, sour cream, parsley, dill weed, Beau Monde, curry powder and scallion. Mix well. Chill.

Transfer the dip to a serving dish. Place the dish on a platter and surround it with the hearts of palm and artichoke hearts.

Appetizers

Per Serving (excluding unknown items): 270 Calories; 29g Fat (92.0% calories from fat); 2g Protein; 4g Carbohydrate; 1g Dietary Fiber; 22mg Cholesterol; 183mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Vegetable; 0 Non-Fat Milk; 3 Fat.