**Vegetable Garden and Creamy Avocado Garden Dip**

**Vegetable Garden**

Supplies needed

* 1 sanded wooden plank or smooth piece of wood
* Spray poly urethane or brush on clear coat
* 50 stainless steel finishing nails, about 2 inches long
* Assorted fresh vegetables of your choice, with green tops attached
* Drill, hammer, pencil, scissors

Directions

1. On the back side of wood, mark with a pencil where you would like your holes. With a drill, make holes for nails .
2. Following directions on can spray or brush on coating-let dry.
3. Using a hammer or fingers, push or pound in nails
4. Attach fresh vegetables on nails to look like they are growing in the garden

**Creamy Avocado Garden Dip**

Ingredients

* 4 tablespoons of Challenge Butter
* ¼ cup of diced shallots
* ¼ cup of diced celery
* ¼ cup of diced red bell pepper
* 1 very ripe large mashed Haas avocado
* 8 ounces of Challenge Whipped Cream Cheese Spread in a tub
* ½ cup of strained plain Greek yogurt
* 1 fresh lemon, should yield 1 tablespoon of zest and 3 tablespoons of juice
* ¼ cup of fresh diced basil
* 1 tablespoon of vegetable blend salt free seasoning
* Salt to taste

Instructions

1. In a small pan, add butter, shallots, celery and bell pepper. Sauté over medium heat until cooked through, about 4-5 minutes. Let cool.
2. Add cooked vegetables to a food processor. Add mashed avocado, cream cheese, Greek yogurt, lemon juice and zest. Process until well blended.
3. Pulse in basil, salt free seasoning and salt to taste.
4. Refrigerate until needed.

**Creates 2 cups of dip**