

Our island has a one-room schoolhouse, with children from Kindergarten to Grade 7. Usually there's about 16 children attending, and all ages spend the day together. Having had two daughters go through this school, it's easy to see why small classrooms, where children really know each other, are such a benefit.

Each winter we would host a large party for the school families. We quickly learned that appetizer parties were the way to go. There was always enough that the bigger eaters would be satisfied, while the smaller eaters could pick and choose a few things to make them happy. I have a huge appetizer file to pick from, but this one always seems to make it to the table.

This dip is equally great with raw veggies, crostini or crackers. It's healthy, and if it's all you eat, that's okay. Use it when you're asked to bring an appetizer – no heating required, and it's up to you what to serve it with.

### *Arugula & Ricotta Dip with Lemon*

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#### **Ingredients**

2 cups arugula – packed  
¼ cup parsley – packed – curly or flat  
¼ c olive oil  
Zest of 1 lemon  
1 T lemon juice  
1 garlic clove – coarsely chopped  
½ t salt  
½ c Parmesan cheese – about 4 ounces / 112 grams  
½ c ricotta cheese

#### **Directions**

Place the first seven ingredients in the bowl of a processor.

Pulse until finely chopped.

Add in the Parmesan and ricotta and process until smooth.

Serve immediately, or store covered in the fridge for up to 3 days – stir well before serving.

Garnish with a sprinkling of lemon zest.