DAWN RECIPES

LIGHT DIPS FOR PARTY FARE

Dips make perfect holiday cocktail party fare. They're easy on the hostess, with no last minute preparation or trips to the kitchen to heat up hors d'oeuvres. And no serving required because guests help themselves. Platters can be arranged attractively so that they'll add drama to any cocktail buffet. Just be sure to keep your eye on the platters and replenish when necessary.

Here are two delicious dips that have another bonus. They're both lower in calories to help your guests fight the battle of the holiday bulges.

Shrimps and scallops take just minutes to prepare. Serve them chilled with a variation of the classic seafood sauce that adds whole berry cranberry sauce, mustard, scallions, and celery.

Fruits make a pleasant cocktail nibble, a welcome variation on the omnipresent raw vegetables. Serve a dip that has cranberry apple drink as a base.

LOWER CALORIE SHRIMP AND SCALLOP DIP

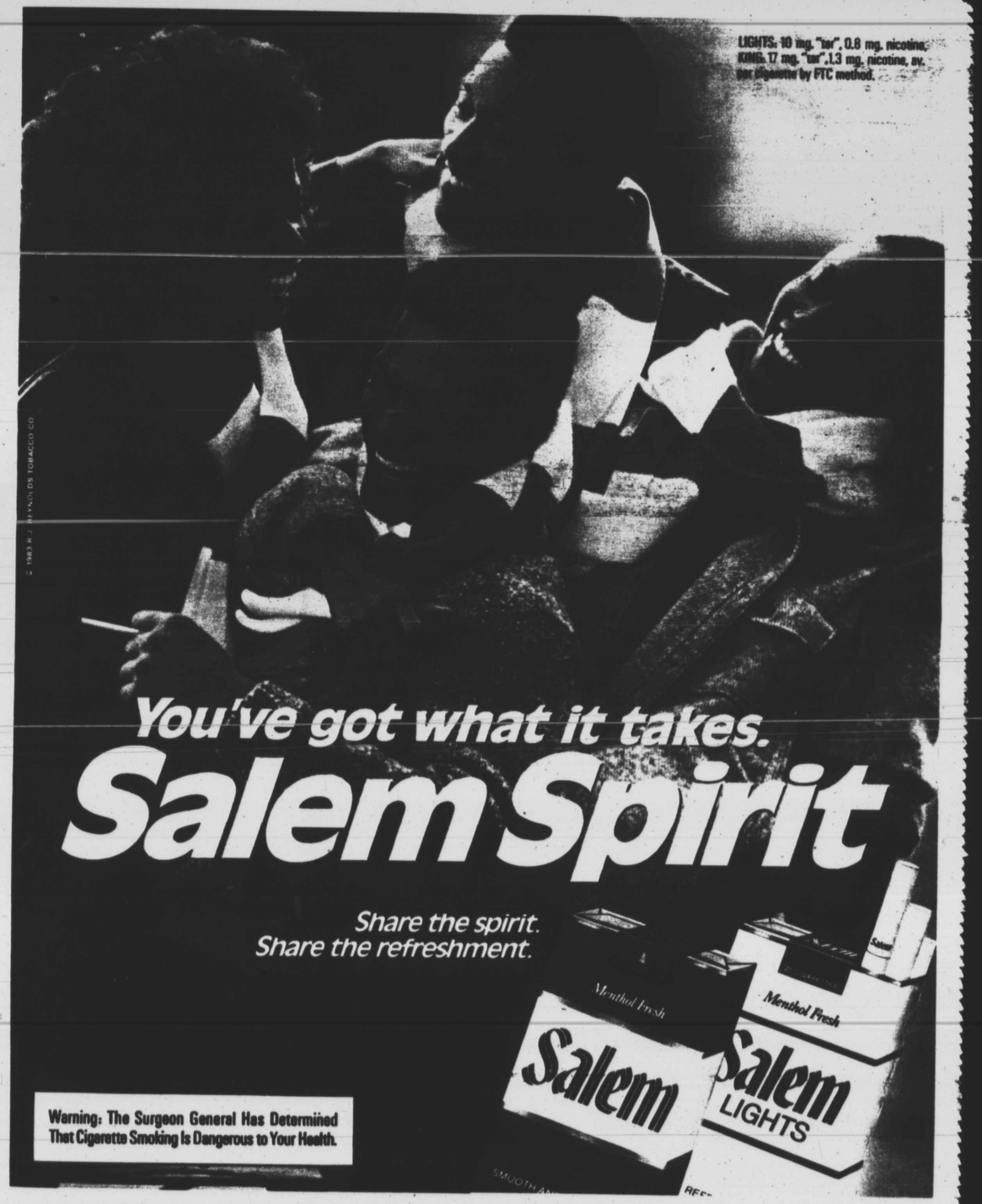
- 1 pound raw shrimp
- 1 pound raw sea scallops
- 1 cup Ocean Spray® whole berry cranberry sauce
- ½ cup catsup
- ¼ cup lemon juice
- 1 tablespoon each horseradish and prepared mustard
- 2 scallions, trimmed and sliced
- 2 tablespoons chopped celery leaves
- Salt

In a large saucepan, cover shrimp and scallops with cold water and add 1 teaspoon salt to water. Cook until water comes to a boil. Remove from heat. Drain off water and cover shellfish with cold water. Drain, shell and devein shrimp. Cut scallops into halves. Chill. Combine remaining ingredients in a blender and whirl until smooth. Add salt to taste. Chill. To serve, pour dip into a bowl and surround with shellfish.

There are 20-24 medium shrimp in a pound of uncooked shrimp — providing 4-5 for dinner shrimp cocktail or 2-3 as cocktail snack. With sauce, full serving is 154 calories; snack is 77 calories.

LOWER CALORIE LEMON DIP FOR FRUIT

- ⅓ cup sugar
- 1 tablespoon flour
- 2 tablespoons cornstarch
- ¼ teaspoon salt
- 1½ cups Ocean Spray® cranberry apple drink
- ¼ cup lemon juice
- 1 teaspoon grated lemon rind
- 6 cups assorted fruit pieces: whole strawberries, banana chunks, seedless grapes, apple or pear wedges, melon chunks, pineapple chunks

In a saucepan, combine sugar, flour, cornstarch, and salt. Gradually stir in cranberry apple drink and lemon juice. Add lemon rind and stir over medium heat until sauce bubbles and thickens. Serve warm or cold with fruits for dipping. Makes 6 generous servings.

Each serving: 150 — average calories can be somewhat higher or lower depending on fruits served. Cocktail portion — 75 calories.