



APPETIZERS

Herbed Vegetable Dip

Makes 20 (2 Tbsp.) Servings

Ingredients

1 carton (16 oz.) low-fat cottage cheese
3 Tbsp. skim milk
 $\frac{3}{4}$ cup fat-free mayonnaise
1 Tbsp. dried minced onion
1 Tbsp. dried parsley flakes
1 tsp. dill weed
1 tsp. Mrs. Dash (or other salt-free seasoning blend)
 $\frac{1}{4}$ tsp. garlic powder
Fresh vegetables and/or crackers (Not included in nutritional analysis)

Directions

1. In a blender, mix cottage cheese and milk until smooth.
2. Stir in remaining ingredients and mix well.
3. Cover and chill overnight in bowl.
4. Serve with fresh vegetables and/or crackers.

Nutrition Facts

Calories: 25
Total Fat: 0.5 g
Saturated Fat: 0 g
Cholesterol: 0 mg
Sodium: 170 mg
Total Carbohydrate: 2 g
Dietary Fiber: 0 g
Sugars: 1 g
Protein: 3 g
Vitamin A: 0%
Vitamin C: 0%
Calcium: 2%
Iron: 0%



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