



Vegetables and Creamy Dip

Makes: 12 servings (½ cup vegetables and 2 tablespoons of dip per serving)

Preparation Time: 10 to 15 minutes

Ingredients

6 cups washed raw vegetables such as broccoli florets, cauliflower florets, carrot sticks, celery sticks, jicama, sliced bell pepper, or sliced cucumber

2 cups cottage cheese

½ teaspoon salt

¼ teaspoon black pepper

½ teaspoon garlic powder

2 tablespoons dried, minced onion

1 tablespoon dried parsley flakes

½ teaspoon dried dill weed (optional)

Directions

1. Wash vegetables, and slice them into pieces that are easy to dip.
2. Collect and measure all ingredients before starting to prepare the recipe.
3. Combine cottage cheese, salt, pepper, garlic powder, dried onion, dried parsley, and dried dill (if using) in a medium bowl. Mix until smooth.
4. Chill dip in refrigerator until ready to serve. Making in advance will improve the flavor.
5. Serve with vegetables arranged on a plate around a bowl of the dip.
6. Refrigerate leftovers within 2 hours. Eat within 3 to 5 days.

Nutrition Facts	
12 servings per container	
Serving size 2 Tablespoons (40g)	
Amount Per Serving	
Calories	30
<small>% Daily Value*</small>	
Total Fat 1g	1%
Saturated Fat 0g	0%
<i>Trans Fat</i> 0g	
Cholesterol < 5mg	2%
Sodium 210mg	9%
Total Carbohydrate 2g	1%
Dietary Fiber 0g	0%
Total Sugars 2g	
Includes 0g Added Sugars	0%
Protein 4g	8%
Vitamin D 0mcg	0%
Calcium 44mg	4%
Iron 0mg	0%
Potassium 56mg	2%
<small>*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	

Dip only