

Herbed Dip

Rating: ★★

Makes: 10 servings

Ingredients

- 1 cup cottage cheese, low-fat
- 4 tablespoons yogurt, low-fat plain
- 1 tablespoon onion (chopped, or chives)
- 1 teaspoon parsley (dried)
- 1/4 teaspoon dill (dried)

Directions

1. Place all the ingredients in a blender.
2. Blend all the ingredients thoroughly.
3. Pour the mixture into a clean container.
4. Cover and chill.

Notes

Serve on crackers, or as dip for fresh raw vegetables

Nutrition Information

Key Nutrients	Amount	% Daily Value
Total Calories	20	
Total Fat	0 g	0%
Protein	3 g	
Carbohydrates	1 g	0%
Dietary Fiber	0 g	0%
Saturated Fat	0 g	0%
Sodium	95 mg	4%