

Veggie Dip

Rating: ★★★★★

Makes: 8 servings

Ingredients

- 1 cup cottage cheese
- 1 tablespoon onion (chopped very fine)
- 1/4 teaspoon salt
- 1/2 teaspoon garlic powder
- 2 teaspoons parsley flakes

Directions

1. Measure cottage cheese and put in bowl or blender.
2. Beat with a fork or mixer, or in a blender, until cottage cheese is smooth.
3. Add the other ingredients. Stir together.
4. Store the dip in the fridge for 1 to 2 hours to let the flavors blend.

Notes

Serve with slices of row vegetables such as carrots, celery, cucumbers, zucchini, broccoli, turnips, cauliflower, or green pepper.

Nutrition Information

Key Nutrients	Amount	% Daily Value
Total Calories	20	
Total Fat	0 g	0%
Protein	4 g	
Carbohydrates	1 g	0%
Dietary Fiber	0 g	0%
Saturated Fat	0 g	0%
Sodium	190 mg	8%