

Herb Dip

Ingredients:

1 cup lowfat cottage cheese
 6 ounces lowfat yogurt, plain
 1 tablespoon onion, chopped
 1 teaspoon dried parsley
 1/4 teaspoon dried dill

Equipment:

Measuring cups
 Measuring spoons
 Blender
 Small bowl

Number of Servings: 10
 Preparation Time: 5 minutes
 Total time: 30 minutes

Directions

1. Pour cottage cheese in blender. Add yogurt. Blend for 20 seconds.
2. Cut the ends off of the onion, and peel off the brown layers. Run under water to remove any dirt. Cut the onion in half lengthwise, and place the flat side on the cutting board. Slice across the onion, from one side to the other, then lay the slices on their side, and slice from the widest side to the smallest, across the onion. Chop up any large pieces. Add one tablespoon of onion to blender. Save remainder for other uses.
3. Add parsley and dried dill to blender. Blend through for two minutes. Scraping sides after every 30 seconds to make sure all ingredients are blended.
4. Pour into bowl, cover and chill. Serve with vegetables. Place all the ingredients in a blender. Blend all the ingredients thoroughly. Cover and chill.

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Nutrition Facts

Serving Size: 2 tablespoons
 Servings: 10

Amount Per Serving			
Calories 28		Calories from Fat 4	
		%Daily Value*	
Total Fat	traceg		1%
Saturated Fat	traceg		1%
Cholesterol	2mg		1%
Potassium	63mg		2%
Sodium	104mg		4%
Total Carbohydrate	2g		1%
Dietary Fiber	traceg		0%
Protein	4g		7%
Vitamin A	1%	Vitamin C	0%
Iron	1%	Calcium	5%

*Percent Daily Values are based on a 2,000 calorie diet.

TIP: Great with Vegetables!

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