

## 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 from Fat 4	
Calories 28			
		%Daily Value*	
<b>Total Fat</b> traceg		1%	
Saturated Fat	traceg	1%	
<b>Cholesterol</b> 2mg		1%	
<b>Potassium</b> 63mg		2%	
<b>Sodium</b> 104mg		4%	
<b>Total Carbohydrate</b> 2g		1%	
Dietary Fiber	traceg	0%	
<b>Protein</b> 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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