

Herbed Dip

Serving Size: 2 tablespoons

Yield: 10 servings



Ingredients:

- 1 cup cottage cheese, lowfat
- 4 Tablespoons yogurt, lowfat plain
- 1 tablespoons chopped onion or chives
- 1 teaspoon dried parsley
- 1/4 teaspoon dried dill
- 3 Tablespoons fat free sour cream

Instructions:

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

Cost: Per Recipe: \$1.32, Per Serving: \$0.13

Nutrition Facts: Serving size 2 Tablespoons, Calories 25, Calories from Fat 5, Total Fat: 0g, Cholesterol 0mg, Sodium 95mg, Protein 3g

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