

## Cottage Cheese Dip

Yield: 1 cup

Serves: 5 adults

### Ingredients

- 1 cup low-fat cottage cheese
- 1/4 teaspoon dried dill or parsley
- 1/4 teaspoon onion powder
- 1/8 teaspoon garlic powder
- 1 pinch black pepper
- fresh vegetables of choice:
  - broccoli
  - carrots
  - celery
  - green pepper
  - green beans.

### Steps

1. **Place first 5 ingredients in a blender** and mix only until smooth, about 1-2 minutes. Note: over-mixing will result in a dip that is too thin.
2. Pour the mixture into a small bowl. Cover with plastic wrap and **place into the refrigerator.**
3. While the dip is chilling, **wash the fresh vegetables.**
4. Cut the carrots, celery, green pepper and green beans into small sticks.
5. Break broccoli into florets.
6. **Dip vegetables in chilled dip and enjoy!**

**Have your child help you do the bold steps.**

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