



A Nutrition Resource

# VEGETABLES AND CREAMY DIP

**Yield:** 6 servings of vegetables, 12 servings of dip

**Serving Size:** 1 cup vegetables, 2 tablespoons dip

**Cost/Serving:** \$0.18 (for dip only)

## Ingredients:

6 cups washed raw vegetables such as broccoli florets, cauliflower florets, carrot sticks, celery sticks, jicama, sliced bell pepper, or sliced cucumber.

2 cups cottage cheese

1/2 teaspoon salt

1/4 teaspoon black pepper

1/2 teaspoon garlic powder

2 Tablespoons dried, minced onion

1 Tablespoon dried parsley flakes

1/2 teaspoon dried dill weed (optional)

## Directions:

- 1) Wash vegetables and slice them into pieces that are easy to dip.
- 2) Collect and measure all ingredients before starting to prepare the recipe.
- 3) Combine cottage cheese, salt, pepper, garlic powder, dried onion, dried parsley, and dried dill (if using) in a medium bowl. Mix until smooth.
- 4) Chill dip in refrigerator until ready to serve. Making in advance will improve the flavor.
- 5) Serve with vegetables arranged on a plate around a bowl of the dip.
- 6) Refrigerate leftovers within 2 hours. Eat within 3 to 5 days.

**Note:** Nutrition Facts are for Vegetable Dip only.

## Nutrition Facts

5 servings per container

**Serving size 2 Tablespoons (29g)**

Amount Per Serving

**Calories 140**

% Daily Value\*

**Total Fat 16g 21%**

Saturated Fat 1g 5%

Trans Fat 0g

**Cholesterol 0mg 0%**

**Sodium 115mg 5%**

**Total Carbohydrate 0g 0%**

Dietary Fiber 0g 0%

Total Sugars 0g

Includes 0g Added Sugars 0%

**Protein 0g 0%**

Vitamin D 0mcg 0%

Calcium 0mg 0%

Iron 0mg 0%

Potassium 0mg 0%

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



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