

## Herb Dip

### Ingredients:

- 1 cup lowfat cottage cheese
- 6 ounces plain lowfat yogurt
- 1 tablespoon onion, finely 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. Finely chop a portion of an onion into very small pieces. Add one tablespoon 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.

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### Nutrition Facts

Serving Size: 2 tablespoons  
 Servings: 10

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

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

**TIP: This makes a healthy and tasty party dip. Serve with carrots, celery, and sliced peppers for a colorful treat that will wow your friends!**

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