

CDC Recipes: Quick & Easy Cheese Dip



Ingredients

- 16 ounce container cottage cheese
- 1 cup sour cream
- 3 green onions (may reserve top of one onion for garnish if desired)
- 2 teaspoons hot sauce
- 1 teaspoon dill weed
- ½ teaspoon garlic powder
- ⅓ cup or 2 ounces blue cheese, crumbled

Preparation

1. Blend cottage cheese, sour cream, green onions, hot sauce, and spices in a food processor until smooth.
2. Add blue cheese and process for a few seconds.
3. Garnish with chopped green onion if desired.
4. Cover and refrigerate until serving time.

Details

Yield

12 servings

Serving size

¼ cup

Each serving equals 1 meat, ½ fat

- Calories: 85
- Protein: 6 g
- Sodium: 207 mg
- Potassium: 77 mg
- Phosphorus: 77 mg

Suggested serving with crackers, homemade pita chips, etc.