



EATING SMART  
BEING ACTIVE

## Vegetables and Creamy Dip

Makes: 12 servings (½ cup vegetables and 2 tablespoons of dip per serving)

Preparation Time: 10 to 15 minutes

### **Ingredients**

6 cups washed, cut, fresh vegetables such as broccoli, cauliflower, carrots, celery, jicama, bell pepper, or cucumber  
2 cups cottage cheese  
½ teaspoon salt  
¼ teaspoon black pepper  
½ teaspoon garlic powder  
2 tablespoons dried, minced onion  
1 tablespoon dried parsley flakes  
½ 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.



<b>Nutrition Facts</b>	
12 servings per container	
1/2 Cup Vegetables, 2 Tablespoons Dip	
Serving size (95g)	
Amount Per Serving	
<b>Calories</b>	<b>45</b>
% Daily Value*	
Total Fat 1g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol < 5mg	1%
Sodium 270mg	12%
Total Carbohydrate 4g	1%
Dietary Fiber 1g	4%
Total Sugars 2g	
Includes 0g Added Sugars	0%
Protein 5g	10%
Vitamin D 0mcg	0%
Calcium 40mg	4%
Iron 0mg	0%
Potassium 179mg	4%

\*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.

*Dip only*



United States  
Department of  
Agriculture

National Institute  
of Food and  
Agriculture



EFNEP  
COLORADO STATE UNIVERSITY  
EXTENSION

This material is based upon work that is supported by the National Institute of Food and Agriculture, U.S. Department of Agriculture. USDA is an equal opportunity provider, employer, and lender.

*Celebrate! Eat Smart & Be Active*