



Creamy Herb Dip

Prep: 5 minutes | Cook: 0 minutes | Total: 5 minutes

Yield: 6 servings | Serving Size: ~¼ cup

Ingredients

- ¼ cup low-fat (1%) milk
- 1 cup low-fat cottage cheese
- 2 tablespoons chopped fresh parsley
- 2 tablespoons chopped fresh chives
- ½ teaspoon dried basil (or 1 teaspoon fresh basil)
- Pinch curry powder
- 1 garlic clove, minced (about ½ teaspoon)

Directions

1. Add the milk, cottage cheese, parsley, chives, basil, curry powder, and garlic to a blender or food processor.
2. Blend until smooth, about 1-2 minutes, scraping down the sides as needed.
3. Serve right away, or chill before serving if desired.

Recipe Notes

- This dip goes well with crisp raw vegetables, whole-grain crackers, pretzels, or pita chips.
- Adjust the consistency with more or less milk, as desired.

Nutrition Facts Per Serving: Calories: 35 | Total Fat: 5 g | Saturated Fat: 3 g
Sodium: 155 mg | Total Carbohydrate: 1 g | Dietary Fiber: 0 g | Protein: 5.5 g

For more recipes, please visit www.nutrition.va.gov



VA | U.S. Department
of Veterans Affairs