



HERBY WHIPPED DIP

RECIPE MAKES 8 servings

SERVING SIZE = ¼ cup

NUTRITION INFORMATION

Calories: 48 kcal

Total Fat: 1 g

Saturated Fat: 1 g

Cholesterol: 7 mg

Sodium: 174 mg

Total Carbohydrate: 3 g

Fiber: 0 g

Sugars: 2 g

Protein: 7 g

Marion County Public Health Department

NUTRITION SERVICES



HERBY WHIPPED DIP

This whipped herby dip gets its flavor from fresh or dried herbs. It is light, fluffy, creamy, and full of protein! You can whip it up in just a few minutes in a blender or food processor.

INGREDIENTS

2 cups (1 pint) low-fat cottage cheese

6 large basil leaves or tablespoon of dried basil

1 tablespoon fresh or dried thyme leaves

1 small garlic clove, sliced

1 tablespoon freshly squeezed lemon juice

½ teaspoon ground black pepper

DIRECTIONS

Add cottage cheese, basil, thyme, garlic, lemon juice, and pepper to a blender or food processor.

Blend until smooth and scrape down the sides to make sure there are no lumps.

And serve!

RECIPE NOTES

Whip it up, whip it good! This dip is a lower fat alternative to other cream-based condiments like cream cheese, sour cream or ranch. It can be used as a dip with cracker or your favorite veggies, as a sandwich condiment, or used as pasta sauce.

Another way to spice it up is to add ranch seasoning or different herbs such as rosemary, sage, or dill.

If you would like to speak to a dietitian or are interested in nutrition programming, call: 317-221-7512 or 317-221-7403.