



Ranch Cottage Cheese Veggie Dip

Servings: 10

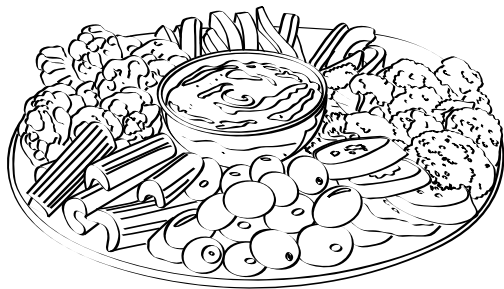
Rinse vegetables under running water. Scrub firm-skin veggies with a vegetable brush while rinsing.

Ingredients:

- 12-ounce container low-fat cottage cheese
- ½ package ranch dressing mix
- Raw vegetables like carrots, celery, cauliflower, broccoli, green peppers, etc.

Directions:

1. Wash hands and surfaces.
2. Combine cottage cheese and dressing mix. Beat until smooth, chill.
3. Prepare vegetables while dip is chilling.
4. Refrigerate leftovers immediately.



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Nutrition Facts

Amount Per Serving

Calories 20

Calories from Fat 5

% Daily Value*

Total Fat 0g

0%

Saturated Fat 0g

0%

Trans Fat 0g

Cholesterol 5mg

2%

Sodium 125mg

5%

Total Carbohydrate 2g

1%

Dietary Fiber 0g

Sugars 1g

Protein 3g

Vitamin A 2%

Vitamin C 0%

Calcium 6%

Iron 0%

Tip:

- Use fresh, local veggies. Go online to find a farmers market at:
agebb.missouri.edu/fmktDir/index.htm
or other Missouri local foods at:
foodcircles.missouri.edu/sources.htm

Funded in part by USDA SNAP.

For more information, call MU Extension's Show Me Nutrition line at 1-888-515-0016.

Running out of money for food? Contact your local food stamp office or go online to dss.mo.gov/fsd/fstamp/