



## Ranch Cottage Cheese Veggie Dip

Servings: 10

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

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

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.



## Nutrition Facts

10 servings per container

**Serving size**    **3 Tablespoons**  
(34g)

Amount per serving

**Calories**                      **30**

% Daily Value\*

**Total Fat** 0g                      **0%**

    Saturated Fat 0g              **0%**

    Trans Fat 0g

**Cholesterol** 0mg                **0%**

**Sodium** 160mg                 **7%**

**Total Carbohydrate** 1g        **0%**

    Dietary Fiber 0g              **0%**

    Total Sugars 1g

        Includes 0g Added Sugars    **0%**

**Protein** 4g

Vitamin D 0mcg                 0%

Calcium 25mg                    2%

Iron 0mg                         0%

Potassium 29mg                0%

\*The % Daily Value 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.

## Helpful Tips

- Use fresh, local veggies. Go online to find a farmers market at: [seasonalandsimple.info](http://seasonalandsimple.info) or other Missouri local foods at: [showmefood.org](http://showmefood.org)

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 resource center or go online to [mydss.mo.gov/food-assistance](http://mydss.mo.gov/food-assistance)