



# Sour Cream & Onion Dip

1 pint cottage cheese (this recipe uses whole milk cottage cheese)

½ teaspoon garlic powder

½ teaspoon onion powder

Freshly ground black pepper

Zest of 1/2 lemon

3 tablespoons finely chopped chives, divided Pita chips, crackers, or your favorite veggies

1. Add cottage cheese, garlic powder, onion powder, black pepper, and lemon zest to a high-powered blender.
2. Blend on high for 30 seconds to 1 minute, use a blender tamper or a spatula to scrape down the sides and get things moving as necessary, and blend again until silky smooth.
3. Use a spoon to stir in 2 tablespoons chopped chives. Pour the dip into a serving bowl and garnish with 1 tablespoon of chopped chives and more black pepper.
4. Serve with chips, pita chips, crackers, or veggies. You can also use this dip as a salad dressing for greens or grain bowls. It tastes like ranch!

NUTRITION: (6 servings) 90 calories, 10 grams protein, 4 grams fat