Snack, American

Creamy Chive Cottage Cheese Dip

A smooth blended cottage cheese dip brightened with lemon juice and Worcestershire sauce, finished with fresh chives and a little pepper. A short chill in the fridge helps the flavors come together.



Nut free

35 min	50	4 g	2 g
time	calories	carbs	sugars

Ingredients, 4 servings

- [ ] 1 cup cottage cheese (low-fat)
- [ ] 2 tbsp plain nonfat Greek yogurt
- [ ] 1 tbsp lemon juice
- [ ] 2 tsp Worcestershire sauce
- [ ] 1 clove garlic (minced)
- [ ] 1 tbsp fresh chives (chopped)
- [ ] 1/4 tsp black pepper

Method

- [ ] **1** Put the low fat cottage cheese, plain nonfat Greek yogurt, lemon juice, Worcestershire sauce, and garlic into a blender or food processor, then blend until the mixture turns smooth and creamy, which can take a few minutes depending on the power of your machine.
- [ ] **2** Spoon the blended mixture into a bowl, stir in the fresh chives, and season with the black pepper, mixing thoroughly so the seasoning is evenly distributed.
- [ ] **3** Refrigerate the dip for at least 30 minutes before serving so the flavors can meld.

Nutrition Facts

Per serving

Calories	**50**
Total fat	1.5 g
Saturated fat	1 g
Sodium	230 mg
Total carbs	4 g
Fiber	0 g
Total sugars	2 g
Protein	7 g

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