

# BITS and BITES

## Herb Dip

### Ingredients

- 1 cup low-fat cottage cheese
- 4 tbsp. low-fat plain yogurt
- 1 tbsp onion, chopped or chives
- 1 tsp. dried parsley
- ¼ tsp. dried dill

### Directions

1. Place all ingredients in a blender or food processor.
2. Blend all ingredients thoroughly.
3. Pour mixture into a clean container.
4. Cover and chill.

Herb Dip is a delicious snack for the family! Try serving Herb Dip with:

- Sliced vegetables (carrots, cucumbers, bell peppers, etc.)
- As a sauce for grilled chicken
- As a sauce on your sandwich instead of mayonnaise

Dairy foods, like yogurt, are an important part of a healthy diet. Increasing your intake of low-fat dairy products can reduce your risk of osteoporosis, heart disease, high blood pressure, & type 2 diabetes. Dairy products are a great source of protein, calcium, & vitamin D.

#### SOURCE:

This material was funded by USDA's Supplemental Nutrition Assistance Program–SNAP.  
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