

Vegetable Dip

3/4 tsp. Hidden Valley Original Mix

1 c. low-fat cottage cheese

2 tsp. parsley

2 tsp. dry onions or chives

Blend cottage cheese in blender until smooth. Add dry ingredients and 1 teaspoon lemon juice. Blend until mixed well. Chill for at least 1 hour before using. 15 calories per tablespoon.