



# Dilly Dip

*This cool and creamy yogurt dip can be whipped up in a flash, contains a good source of calcium and protein, and is the perfect addition to a relaxing summer day by the pool. You can serve it with veggies, whole grain cracker, or pita bread.*

Prep: 5 minutes • Total: 5 minutes

## Ingredients:

cottage cheese	1 cup	250 mL
plain yogurt	½ cup	125 mL
fresh dill or dried dillweed	2 Tbsp	30 mL
lemon juice	1 tsp	5 mL
green onions or chives, chopped	2 Tbsp	30 mL

## Directions:

1. In a blender, combine cottage cheese with yogurt and process until smooth.
2. Transfer to a bowl; stir in onion, dill, and lemon juice.
3. Cover and refrigerate for 2 hours or until chilled (optional).

## Nutrition Facts

Serving Size (47g)

Servings Per Container

Amount Per Serving

**Calories** 30      **Calories from Fat** 0

% Daily Value\*

**Total Fat** 0g      **0%**

Saturated Fat 0g      **0%**

Trans Fat 0g

**Cholesterol** 0mg      **0%**

**Sodium** 80mg      **3%**

**Total Carbohydrate** 2g      **1%**

Dietary Fiber 0g      **0%**

Sugars 1g

**Protein** 5g

Vitamin A 0%      • Vitamin C 2%

Calcium 2%      • Iron 0%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

		Calories: 2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

*Adapted from: BC Dairy Foundation*

Makes 8 servings (47g/serving) • 1 serving = 4 Tbsp

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