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Dilly Dip

Ingredients

1½ cups 1% cottage cheese

1 cup light sour cream

2 teaspoons dill weed

½ teaspoon garlic powder

2 Tablespoons onion, minced

Makes 20 servings

Instructions

1. In a bowl or blender, combine cottage cheese and sour cream with seasonings.
2. Cover and refrigerate for at least one hour to give flavors time to blend.
3. Store leftovers in refrigerator.

Nutrition Facts

Serving Size 2 Tablespoons
Servings Per Container 20

Amount Per Serving

Calories 25	Calories from Fat 10
	% Daily Value*
Total Fat 1g	**2%**
Saturated Fat 0.5g	**3%**
Trans Fat 0g	
Cholesterol 5mg	**2%**
Sodium 80mg	**3%**
Total Carbohydrate 2g	**1%**
Dietary Fiber 0g	**0%**
Sugars 1g	
Protein 3g	

Vitamin A 2% • Vitamin C 0%

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

36% calories from fat

(Exempt from recipe policy / condiment)

Source: Cornell Cooperative Extension of Schoharie County. October 2009

Eat Smart New York
ESNY

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