



Vary Your Veggies... Focus on Fruit



EFNEP

Expanded Food and Nutrition Education Program

Vegetables & Cottage Cheese Dip

Vegetables

Makes: 6 (1 cup) servings
Preparation Time: 10 minutes

Ingredients

6 cups raw vegetables such as:
broccoli florets
cauliflower florets
carrot sticks
celery sticks
jicama
sliced bell pepper
sliced cucumber

Directions

1. Wash all vegetables
2. Arrange vegetables on a plate around a small bowl.

Dip

Makes: 12 (2 tablespoon) servings
Preparation Time: 10 minutes

Ingredients

1 (12 oz) carton cottage cheese
1 package Ranch dressing mix

Directions

1. Combine cottage cheese and dressing mix. Beat until smooth.
2. Chill dip in refrigerator until ready to serve.

Cottage Cheese Dip

Nutrition Facts	
Serving Size 2 tablespoons (30g)	
Servings Per Container 12	
Amount Per Serving	
Calories 50	Calories from Fat 10
% Daily Value*	
Total Fat 1g	2%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 250mg	10%
Total Carbohydrate 2g	1%
Dietary Fiber 0g	0%
Sugars 1g	
Protein 3g	



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