

Veggie Dip



Ingredients:

- 1 cup low-fat (1%) cottage cheese
- ½ cup plain non-fat yogurt
- 6 radishes, finely chopped
- 2 small carrots, shredded
- 2 tablespoons chopped parsley
- 2 tablespoons chopped scallions
- 2 tablespoons chopped pimento
- 1 teaspoon horseradish

Directions:

1. Using a potato masher or fork, mash cottage cheese to break up curds.
2. Blend in yogurt and remaining ingredients. Mix well.
3. Chill for 1 hour before serving with raw vegetables or fat-free chips (or our baked pita chips).