

Here's what's cookin' Creamy cottage-cheese dip ^{Makes} Serves 1 cup

Recipe from the kitchen of

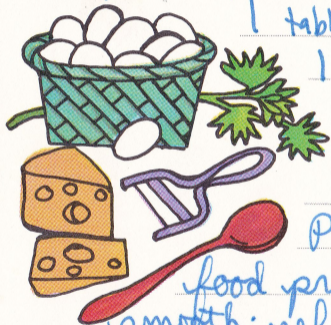
1 cup low-fat creamed cottage cheese

1 tablespoon lemon juice

1 tablespoon milk

½ teaspoon garlic salt

2 tablespoons chopped chives,
fresh or freeze-dried



Place all ingredients in a food processor or blender, and blend until smooth; refrigerate. Serve with cut up raw vegetables. Makes 1 c. dip (10 calories/~~tablespoon~~ ^{tablespoon})