



EATING SMART  
BEING ACTIVE

## Vegetables and Creamy Dip

Makes: 12 servings (½ cup vegetables and 2 tablespoons of dip per serving)

Preparation Time: 10 to 15 minutes

### **Ingredients**

6 cups washed, cut, fresh vegetables such as broccoli, cauliflower, carrots, celery, jicama, bell pepper, or cucumber  
2 cups cottage cheese  
½ teaspoon salt  
¼ teaspoon black pepper  
½ teaspoon garlic powder  
2 tablespoons dried, minced onion  
1 tablespoon dried parsley flakes  
½ teaspoon dried dill weed (optional)

### **Directions**

1. Wash vegetables, and slice them into pieces that are easy to dip.
2. Collect and measure all ingredients before starting to prepare the recipe.
3. Combine cottage cheese, salt, pepper, garlic powder, dried onion, dried parsley, and dried dill (if using) in a medium bowl. Mix until smooth.
4. Chill dip in refrigerator until ready to serve. Making in advance will improve the flavor.
5. Serve with vegetables arranged on a plate around a bowl of the dip.
6. Refrigerate leftovers within 2 hours. Eat within 3 to 5 days.

<b>Nutrition Facts</b>	
12 servings per container	
1/2 Cup Vegetables, 2 Tablespoons Dip (95g)	
Serving size	(95g)
Amount Per Serving	
<b>Calories</b>	<b>45</b>
% Daily Value*	
Total Fat 1g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol < 5mg	1%
Sodium 270mg	12%
Total Carbohydrate 4g	1%
Dietary Fiber 1g	4%
Total Sugars 2g	
Includes 0g Added Sugars	0%
<b>Protein 5g</b>	<b>10%</b>
Vitamin D 0mcg	0%
Calcium 40mg	4%
Iron 0mg	0%
Potassium 179mg	4%

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

*Dip only*



United States  
Department of  
Agriculture

National Institute  
of Food and  
Agriculture



EFNEP  
COLORADO STATE UNIVERSITY  
EXTENSION

This material is based upon work that is supported by the National Institute of Food and Agriculture, U.S. Department of Agriculture. USDA is an equal opportunity provider, employer, and lender.

*Celebrate! Eat Smart & Be Active*



EATING SMART  
BEING ACTIVE

## Vegetales y dip cremoso

Rinde: 12 porciones (½ taza de vegetales y 2 cucharadas de dip por porción)

Tiempo de preparación: 10 a 15 minutos

### **Ingredientes**

6 tazas de vegetales crudos como: ramilletes de brócoli, ramilletes de coliflor, zanahoria en bastones, palitos de apio, jícama, pimiento en rodajas o pepino en rodajas

2 tazas de requesón

¼ cucharadita de pimienta negra

½ cucharadita de ajo en polvo

2 cucharadas cebolla picada deshidratada

1 cucharada de perejil deshidratado

½ cucharadita de sal

½ cucharadita de eneldo deshidratado (opcional)

### **Preparación**

7. Lavar los vegetales frescos y cortarlos en trozos que sean fáciles de sumergir en el dip.
8. Reunir y medir todos los ingredientes antes de comenzar a preparar la receta.
9. Mezclar el requesón, la pimienta, el ajo en polvo, la cebolla deshidratada, el perejil deshidratado, la sal y el eneldo deshidratado (si va a usar) en un recipiente pequeño. Mezclar hasta obtener una textura cremosa.
10. Llevar al refrigerador hasta el momento de servir. Para resaltar el sabor, preparar por anticipado.
11. Colocar los vegetales alrededor del recipiente con el dip y servir.
12. Refrigerar las sobras dentro de las 2 horas. Consumir dentro de los siguientes 3 a 5 días.

<b>Nutrition Facts</b>	
12 servings per container	
Serving size 2 Tablespoons (40g)	
Amount Per Serving	
<b>Calories</b>	<b>30</b>
% Daily Value*	
<b>Total Fat</b> 1g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
<b>Cholesterol</b> < 5mg	2%
<b>Sodium</b> 210mg	9%
<b>Total Carbohydrate</b> 2g	1%
Dietary Fiber 0g	0%
Total Sugars 2g	
Includes 0g Added Sugars	0%
<b>Protein</b> 4g	8%
Vitamin D 0mcg	0%
Calcium 44mg	4%
Iron 0mg	0%
Potassium 56mg	2%

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Solo dip



United States  
Department of  
Agriculture

National Institute  
of Food and  
Agriculture



EFNEP  
COLORADO STATE UNIVERSITY  
EXTENSION

This material is based upon work that is supported by the National Institute of Food and Agriculture, U.S. Department of Agriculture. USDA is an equal opportunity provider, employer, and lender.

*Celebrate! Eat Smart & Be Active*