

Cottage Cheese Dip

2 cups fat free cottage cheese
1/2 cup salsa
10 oz. grape tomatoes, chopped
4 tbsp green onions, chopped
3 cups frozen sweet yellow corn, thawed

Mix all ingredients together and enjoy a bowl or use as a dip for fresh vegetables, baked chips or crackers. Makes 6 servings.

Nutrition information per serving: 154 calories, 13 grams protein, 1 gram fat, 28 grams carbohydrate, 358 mg sodium.