

Veggie Dip

3/4 cup lowfat cottage cheese
1/4 cup fat-free plain yogurt
1/2 tsp. lemon juice
1 pkg. dry ranch salad dressing mix

Place all ingredients in a blender and blend until smooth. Serve with fresh cut vegetables or crackers. Makes 6 servings.

Nutrition information per serving: calories 28; protein 4 grams; fat 0 grams; sodium 57 mg