



Herbed Cheese Dip

YIELDS: 8 servings

PREP TIME: 15 minutes

Ingredients

- 1 large clove garlic
- 50 mL (¼ cup) packed fresh basil leaves or parsley
- 50 mL (¼ cup) chopped green onion tops
- 250 mL (1 cup) 1% cottage cheese
- 50 g (½ cup, 2 oz.) feta cheese



Figure 1. Herbed Cheese Dip

EQUIPMENT: cutting board | knives | dry measuring set | blender

Directions

1. Thoroughly wash onions and basil or parsley.
2. In a blender, combine garlic, basil or parsley and onion tops until finely chopped.
3. Add cheeses and process just until blended and still chunky.
4. Cover and chill until ready to serve

CHEF'S TIP: Be sure to use a large skillet to fit all the ingredients or adjust the recipe to avoid soup overflow.