



Tangy Roasted Red Pepper Dip

Ingredients:

1 jar (12 oz) roasted red peppers, drained, patted dry and chopped (or 4 roasted red peppers)
1 cup Daisy Low Fat Cottage Cheese
1 small garlic clove, coarsely chopped
2 tsp red wine vinegar
¼ tsp salt
¼ tsp freshly ground black pepper

Nutritional Information:

- Servings: 8
- Servings size: ¼ cup
- Calories: 35 kcal
- Carbohydrates: 3 g
- Sugar: 2 g
- Protein: 4 g
- Fat: 2 g
- Saturated Fat: 0 g
- Fiber: 0 g
- Sodium: 200 mg
- Cholesterol: 5 mg

Instructions:

1. In a food processor, combine the red peppers, cottage cheese, garlic, vinegar, salt, and pepper. Process until smooth and transfer into a small bowl.
2. Tip: Makes a great dip served with whole wheat pita chips, carrots, celery or any other veggie.