

# Herbed Cheese Dip

## Ingredients

YIELDS: 8 serving    PREP TIME: 15 minutes

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



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



*This chunky cheese dip or spread is delicious served with vegetable sticks, whole grain crackers or whole grain bread.*

*Let's Get Cookin'!*

