RANCH STYLE DIP

Yield: 2 cups

Ingredients:
- 2-4 tablespoons water OR nonfat milk OR lowfat milk
- 1 (16-ounce) container lowfat cottage cheese
- 1 ounce package Ranch-style dressing mix

Directions:
1. In a blender, PLACE water OR milk, cottage cheese, and Ranch-style dressing mix and BLEND at medium to high speed.
2. For a thinner consistency, ADD more water or milk.
3. POURE mixture into a medium jar. COVER and REFRIGERATE until ready to SERVE.

Variations:
Instead of Ranch-style dressing mix, use:
- ½ teaspoon onion powder OR 2 tablespoons round onion
- ½ teaspoon pepper
- 1-2 teaspoons dill weed
- ½ teaspoon garlic powder

Serve with favorite “dippers” (potato rounds, cherry tomatoes, cabbage, lettuce leaves, broccoli, cauliflower, cucumber, carrots, bell peppers, zucchini strips, etc.)

Ranch dip may be used as a topping for potatoes, as a salad dressing, or as a dressing base for sandwiches, etc.

ALWAYS PRACTICE SAFE FOOD HANDLING TECHNIQUES.

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