



Smoked Salmon Party Dip

Serve with a variety of cut vegetables and crackers with at least 2g fiber per serving

- 1 cup reduced fat cottage cheese
- 1 cup light or fat-free sour cream
- 4 ounces smoked salmon, chopped
- 4 medium green onions (green and white parts), finely chopped
- 2 teaspoons lemon juice
- ¼ teaspoon garlic powder

- In a food processor or blender process the cottage cheese for 30 seconds or until smooth. Transfer to a medium bowl.
- Stir in the remaining ingredients.
- Cover and refrigerate until ready to serve.

Nutritional Information (per 2 Tablespoons):

Calories: 35
Total Fat: 1.3g
Saturated Fat: .7g
Carbohydrate: 2.4g
Dietary Fiber: 0g
Protein: 3.7g

Recipe adapted from *The New American Heart Association Cookbook*