

RESCUE*RECIPE - GREEN GODDESS LOW FAT DRESSING OR DIP

INGREDIENTS

1 cup **cottage cheese***

2 cloves garlic, crushed

1 tsp salt

Fresh ground pepper

2 Tbsp lemon juice

Handfuls of any green herbs that are hanging around the bottom of the fridge. For example; ***parsley**, chives, cilantro, dill, etc....

Enough milk to create the desired consistency (less for dip, more for dressing)

Adjust all seasonings to suite your taste.

DIRECTIONS

Step 1 – place **cottage cheese** (or sour cream or plain Greek yogurt) into a blender or food processor, pulse to smooth adding milk to create the desired texture. Adding more for a runny dressing.

Step 2- Wash the **herbs**, discarding any tough stems or slimy leaves. Chop.



Step 3 – add all the remaining ingredients.

Keep tasting and adjusting seasonings, herbs and liquids to create the desired taste and consistency. Cooking should be fun, not a serious science experiment.



Refrigerate until use.

If making a dip, consider serving with vegetable sticks (celery, carrots, broccoli, cauliflower, bell pepper, cucumber, etc) or bruschetta, potato chips...

FUNKY FOOD FACT:

NEARLY 1/3 OF CANADIANS THREW AWAY DAIRY PRODUCTS IN THE LAST SIX MONTHS.*

PLACE OLDEST ITEMS NEAR THE FRONT, AT EYE LEVEL SECTIONS IN THE FRIDGE. USE IT UP BEFORE TOPPING UP!

* DALHOUSIE UNIV. STUDY 2022