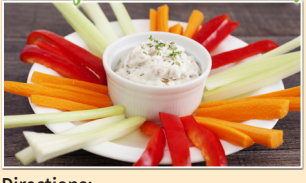
Healthful Advice from our Registered Dietitian/Nutritionist, Debra Heverling, MA, RD/LDN

Dietitian's Dish

Are you one of many Americans not getting the recommended 5 or more servings of fruits and veggies a day?

Dips offer a flavorful incentive to boost your intake. Whether you dunk your favorite chips *(make sure they're whole grain!)* or sink in with fresh veggies, these dips are a great addition to party menus or packed in a lunchbox. They even offer a boost of calcium and vitamin D with the creamy addition of dairy.

Skinny French Onion Dip



Ingredients:

- 1 Tbsp. extra virgin olive oil
- 2 large sweet onions, sliced thinly
- 2 cloves garlic, finely chopped
- 1 tsp. sugar
- 3/4 tsp. salt
- 2 tsps. Worcestershire sauce
- 1 1/2 cups cottage cheese
- 1/4 cup Greek yogurt
- 1/8 tsp. ground cayenne pepper
- 1 tsp. chopped fresh chives

Directions:

- Heat the oil over medium heat; cook the onions until tender (~15 mins.), stirring occasionally. Reduce the heat to low. Stir in the garlic, sugar and salt; continue cooking until the onions are turn a deep golden brown color (10-15 mins.). Remove from the heat and cool.
- Place the cottage cheese, Greek yogurt, Worcestershire sauce and cayenne pepper in the bowl of a food processor. Blend until almost smooth. Add the onion mixture; pulse several times until the onions are chopped and distributed.
- Transfer to a serving dish, cover and refrigerate for at least 30 minutes. Sprinkle with chopped chives before serving.

Cheesy Guacamole

Ingredients:

- 1/2 cup cottage cheese
- 2 avocados
- 2 tsps. lime juice
- 1/2 cup diced Roma tomatoes
- 1 tsp. minced garlic, sautéed (or raw for stronger flavor)

Directions:

- Blend the cottage cheese until slightly lumpy.
- Mash together the avocados, lime juice, tomatoes, and garlic in a medium bowl.
- Combine the cottage cheese with the avocado mixture.
- Chill if desired to blend flavors before serving.

Recipes adapted from Daisy Brand.