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Creditable Veggie Dip "Color Me Healthy" 2005 Workshop

- 1 16-oz. container cottage cheese or unflavored yogurt
- 2 Tbsp. milk (more or less as needed; not needed if using yogurt)
- 1 envelope Ranch salad dressing mix

If using cottage cheese, blend cottage cheese on low speed in blender or food processor until pureed; adding milk if needed for smooth consistency. Add salad dressing mix. Transfer to a covered container and refrigerate several hours. May also be used for topping on baked or mashed potatoes.

Credit as: 2 Tbsp. dip = $\frac{1}{2}$ oz. meat alternate for 1-5 year olds. Or can be the second meat/meat alternate when serving chicken nuggets, fish sticks or PB sandwiches at lunch/dinner. Record as Cottage Cheese or Yogurt.