



## Vegetables with Dilly Dip

Makes 12 Child Sized Portions

*Preparation time: 20 minutes*

*Cooking time: 0 minutes*

**Common allergens: dairy**

### Equipment List

- Measuring cups and spoons
- Small bowl
- Cutting board
- Vegetable peeler
- Cutting knife
- Blender (optional)

### Nutrition Information

Calories	38 calories
Total Fat	0.4 g
Saturated Fat	0.3 g
Sodium	180.6 mg
Carbohydrate	2.6 g
Fibre	0 g
Protein	5.7 g
Sugar	2.5 g

### What You Need

INGREDIENTS	AMOUNTS	METRIC
Green onions	2 whole	2 whole
Cottage cheese	2 cups	500 mL
Plain yogurt	1 cup	250 mL
Dried dill weed	1/2 tsp.	2 mL
Lemon juice	1/2 tsp.	2 mL
Salt	Pinch	Pinch
Pepper	Pinch	Pinch
Various vegetables - English cucumber, broccoli, small mushrooms, red or green pepper, cooked and chilled carrots		

### Instructions

1. Finely chop green onion.
2. Mix together green onion, cottage cheese, yogurt and spices in a bowl, OR, this can be pureed in a blender until smooth. Portion 1-2 tbsp. (15-30 mL) for each student.
3. Wash the vegetables.
4. Cook and chill carrots.
5. Cut the carrots and red pepper into strips.
6. Cut the broccoli into florets.
7. Slice the cucumber. The mushrooms can be left whole.
8. Organize vegetables on plates.

*Recipe taken from Healthy Family Program Collective Kitchen Recipe Book for Northern Cooks*