



Veggie Dip

(Makes $\frac{3}{4}$ cup = 3 Servings)

2 Tablespoons Shredded Carrots
 $\frac{1}{2}$ cup Low-fat Cottage Cheese
 $\frac{1}{4}$ teaspoon Lemon Pepper
2 Tablespoons freshly grated Parmesan Cheese

Directions:

1. Cut the shredded carrots into smaller pieces.
2. In a small mixing bowl combine the cottage cheese, lemon pepper, carrots, and parmesan cheese.
3. Dip in whole-wheat pretzels, pita chips, or whole-grain crackers for an irresistible combination of flavors. You did it! Yum!