

Low-Fat Veggie Dip

Eat vegetables plain or with low-fat dressing. Remember the benefits are in the veggies – not in the dip!

- ½ cup low-fat cottage cheese
- ½ low-fat plain yogurt
- 2 tablespoons water
- Dry ranch mix or taco seasoning to taste

1. Blend the cottage cheese and low-fat yogurt with blender or hand mixer.
2. Stir in dry ranch mix or taco seasoning to taste.
3. Refrigerate leftovers.

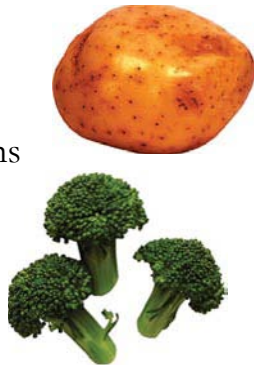
Kitchen Helpers!

2, 3, and 4 year olds can stir and mix the dip ingredients.

Broccoli Cheese Potato

Makes 8 Servings

- 4 hot baked potatoes
- 2 cups lowfat cottage cheese
- 2 chopped green onions – optional
- ¼ cup grated cheese
- 2 cups cooked broccoli florets, drained



(Over)

Low-Fat Veggie Dip

Eat vegetables plain or with low-fat dressing. Remember the benefits are in the veggies – not in the dip!

- ½ cup low-fat cottage cheese
- ½ low-fat plain yogurt
- 2 tablespoons water
- Dry ranch mix or taco seasoning to taste

1. Blend the cottage cheese and low-fat yogurt with blender or hand mixer.
2. Stir in dry ranch mix or taco seasoning to taste.
3. Refrigerate leftovers.

Kitchen Helpers!

2, 3, and 4 year olds can stir and mix the dip ingredients.

Broccoli Cheese Potato

Makes 8 Servings

- 4 hot baked potatoes
- 2 cups lowfat cottage cheese
- 2 chopped green onions – optional
- ¼ cup grated cheese
- 2 cups cooked broccoli florets, drained



(Over)

Low-Fat Veggie Dip

Eat vegetables plain or with low-fat dressing. Remember the benefits are in the veggies – not in the dip!

- ½ cup low-fat cottage cheese
- ½ low-fat plain yogurt
- 2 tablespoons water
- Dry ranch mix or taco seasoning to taste

1. Blend the cottage cheese and low-fat yogurt with blender or hand mixer.
2. Stir in dry ranch mix or taco seasoning to taste.
3. Refrigerate leftovers.

Kitchen Helpers!

2, 3, and 4 year olds can stir and mix the dip ingredients.

Broccoli Cheese Potato

Makes 8 Servings

- 4 hot baked potatoes
- 2 cups lowfat cottage cheese
- 2 chopped green onions – optional
- ¼ cup grated cheese
- 2 cups cooked broccoli florets, drained



(Over)

1. Cut baked potatoes in half lengthwise.
2. Using a spoon, scoop out the inside of the potato and mash together with cottage cheese, green onions and cheese.
3. Place filling back into potato skins. Microwave for 2 minutes until filling is hot and cheese melts or heat in 350 degree oven for 15-20 minutes.
4. Top with the broccoli.
5. Refrigerate leftovers.

Option: Cut baked potatoes in half. Serve other ingredients in separate bowls and let everyone add their own toppings. Other topping ideas -- chopped leftover cooked meat, chili, salsa, or spaghetti sauce.

Kitchen Helpers!

2, 3, and 4 year olds can mix together ingredients. Have them help you mix the cottage cheese, onion and cheese.



Produced by the Oregon 5 A Day Partnership
Adapted by the WA State WIC Nutrition Program
For more information visit www.5aday.gov

1. Cut baked potatoes in half lengthwise.
2. Using a spoon, scoop out the inside of the potato and mash together with cottage cheese, green onions and cheese.
3. Place filling back into potato skins. Microwave for 2 minutes until filling is hot and cheese melts or heat in 350 degree oven for 15-20 minutes.
4. Top with the broccoli.
5. Refrigerate leftovers.

Option: Cut baked potatoes in half. Serve other ingredients in separate bowls and let everyone add their own toppings. Other topping ideas -- chopped leftover cooked meat, chili, salsa, or spaghetti sauce.

Kitchen Helpers!

2, 3, and 4 year olds can mix together ingredients. Have them help you mix the cottage cheese, onion and cheese.



Produced by the Oregon 5 A Day Partnership
Adapted by the WA State WIC Nutrition Program
For more information visit www.5aday.gov

1. Cut baked potatoes in half lengthwise.
2. Using a spoon, scoop out the inside of the potato and mash together with cottage cheese, green onions and cheese.
3. Place filling back into potato skins. Microwave for 2 minutes until filling is hot and cheese melts or heat in 350 degree oven for 15-20 minutes.
4. Top with the broccoli.
5. Refrigerate leftovers.

Option: Cut baked potatoes in half. Serve other ingredients in separate bowls and let everyone add their own toppings. Other topping ideas -- chopped leftover cooked meat, chili, salsa, or spaghetti sauce.

Kitchen Helpers!

2, 3, and 4 year olds can mix together ingredients. Have them help you mix the cottage cheese, onion and cheese.



Produced by the Oregon 5 A Day Partnership
Adapted by the WA State WIC Nutrition Program
For more information visit www.5aday.gov