



Kale and Cottage Cheese Dip

Ingredients

- 1 ½ tsp oil
- ¼ tsp garlic powder
- 3 cups kale, thinly sliced
- 1/8 tsp salt
- 1 cup low-fat cottage cheese
- ¼ tsp cayenne pepper
- 1 Tbsp lemon juice

Recipe from: www.foodhero.org

Directions

- Heat oil in pan over medium heat. Add garlic, kale, and salt. Cook uncovered, stirring occasionally until tender, about 3-4 minutes. Let cool.
- Transfer kale to a blender, add cottage cheese and puree until smooth.
- Season with cayenne pepper and lemon juice.