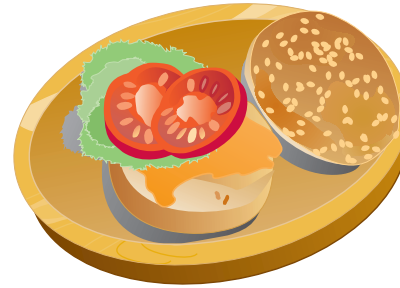


# Cottage Cheese Spread

## Ingredients:

- 1 1/2 cups low-fat or nonfat cottage cheese
- 1 1/2 tablespoons dry skim milk powder
- 2 teaspoons sugar or sugar substitute
- 1 tablespoon lemon juice
- 1/3 cup chopped carrot, green peppers, tomatoes or mushrooms
- 1/2 clove garlic, minced
- 1 teaspoon low sodium Worcestershire sauce (optional)



## Preparation:

1. Place the cottage cheese, skim milk powder, sugar and lemon juice in a blender and blend until smooth.
2. Scrape mixture out of the blender and into bowl. Stir in vegetables, garlic and low sodium Worcestershire sauce (optional).
3. Spread mixture on bread to make a sandwich.

Makes five 1/2 cup servings of spread

Amount Per Serving	
<b>Calories 90</b>	<b>Calories from Fat 10</b>
% Daily Values*	
Total Fat 1g	2%
Saturated Fat 0.5g	3%
Cholesterol 5mg	2%
Sodium 420mg	17%
Total Carbohydrate 6g	2%
Dietary Fiber 1g	2%
Sugars 5g	
<b>Protein 13g</b>	
Vitamin A 70%	• Vitamin C 6%
Calcium 8%	• Iron 2%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	