

# Sour Cream Substitute

(Try the following recipe as a healthy alternative.)

## Ingredients:

- 2 tablespoons skim or lowfat milk
- 1 tablespoon lemon juice
- 1 cup lowfat cottage or ricotta cheese
- optional: herbs



Amount Per Serving	
<b>Calories 35</b>	<b>Calories from Fat 5</b>
% Daily Values*	
Total Fat 0.5g	1%
Saturated Fat 0g	0%
Cholesterol 5mg	2%
Sodium 160mg	6%
Total Carbohydrate 2g	1%
Dietary Fiber 0g	0%
Sugars 2g	
<b>Protein 6g</b>	
Vitamin A 0%	Vitamin C 2%
Calcium 4%	Iron 0%
*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	

## Preparation:

1. Place all ingredients in a blender and mix on medium-high speed until smooth and creamy.

Makes five 1/4 cup servings

Note: Add this sauce to hot dishes at the last moment or serve it cold, with the addition of flavoring or herbs, as a dressing for salad.