



Hilton Head Health
CULINARY

Taco Dip

8 oz. Fat free cream cheese
32 oz. 1% Cottage Cheese
1 c. 2% Sharp Cheddar cheese
8 oz. Mild or Hot Taco Sauce
3 c. Shredded ice berg lettuce
6 each Roma tomatoes, diced
2 each Green onions, top and bottom, diced,
1 T. Cilantro, fresh, chopped

- **In food processor, puree cream cheese and cottage cheese.**
- **Then spread cream mixture on large platter.**
- **Top with taco sauce**
- **Then layer lettuce, cheese, tomatoes, onions and cilantro.**
- **Serve with baked corn tortilla chips or baked pita chips.**

Number of servings: 12
Serving Size: ½ cup

Total Calories: 150
Total Fat: 5