GREEN GODDESS DIP

INGREDIENTS:

2 TABLESPOONS	CHOPPED CHIVES
2 TABLESPOONS	CHOPPED ITALIAN PARSLEY
1 TABLESPOONS	CHOPPED FRESH TARRAGON
2 TABLESPOONS	CHOPPED FRESH BASIL
1 TABLESPOON	CHOPPED FRESH MINT
1 TABLESPOON	MINCED SHALLOT
2 TABLESPOONS	FRESH LEMON JUICE
½ CUP	PUREED COTTAGE CHEESE, 1%
¾ CUP	LOW-FAT SOUR CREAM

METHOD:

- In a blender or food processor, combine all ingredients except sour cream. Blend or process until smooth, about 1 minute or 15 pulses.
- Transfer the mixture to a bowl and stir in sour cream. Cover with plastic wrap and refrigerate for at least 30 minutes or up to 3 days. Serve with pita chips, or crudités for dipping.

Serves: 6
Serving Size: ¼ cup
Calories: 50
Fat: 2.5 gm **Sodium:** 110 mg **Carbohydrates:** 5 gm **Protein:** 5 gm **Fiber:** 0 gm