

Kale Dip



This yummy dip is a great way to get veggies and dairy into your diet! Serve with raw carrots or peppers for a healthy snack.

Makes: 1.5 cups
 Prep Time: 10 minutes
 Cook Time: 5 minutes

Source: <https://www.foodhero.org/recipes/kale-dip>

Ingredients

- 1 ½ teaspoons oil
- 1 clove garlic, minced or 1/4 teaspoon garlic powder
- 3 cups kale, thinly sliced
- ⅛ teaspoon salt
- 1 cup low-fat cottage cheese
- ½ teaspoon red pepper flakes or 1/4 teaspoon cayenne pepper
- 1 tablespoon lemon juice

Directions

1. Heat oil in a pan over medium heat. Add garlic and kale and season with salt.
2. Cook, uncovered, stirring occasionally until tender, about 3 to 4 minutes. Let cool.
3. Transfer kale to a blender. Add cottage cheese and puree until smooth.
4. Season with red pepper flakes and lemon juice.
5. Refrigerate leftovers within 2 hours.



Small Changes,
 BIG Difference!



Nutrition Information

Serving Size: 2 Tbsp

Nutrients	Amount
Calories:	30
Total Fat:	1 g
Saturated Fat:	0 g
Cholesterol:	0 mg
Sodium:	105 mg
Total Carbohydrates:	2 g
Dietary Fiber:	0 g
Total Sugars:	1 g
Added Sugars:	0 g
Protein	3 g

Utensils Needed

- Pan
- Spoon
- Blender
- Knife/Cutting Board

SHOPPING LIST

Average total cost without oil and seasonings: \$3.64

Average cost/serving: \$0.61

Recipe makes: 6 Servings

Note: The below list of ingredients is a suggestion. Similar ingredients may be purchased based on preference, diet restrictions, budget and location.

Ingredients



Add 1 to Cart
Bunch of Kale \$1.48



Add 1 to Cart:
Low-fat cottage cheese (16 oz): \$1.28



Add 1 to Cart
Lemon Juice (4.5 oz): \$0.88

SAVE TIME, SAVE MONEY

My Cooking Notes

Cooking Tips

- 1 bunch fresh kale (about 8 cups, chopped)
- No blender? Make chunky version! Finely chop kale and garlic before cooking. Mash dip with fork.
- Try adding onion or garlic powder, dill weed or curry powder for a flavor boost.
- Can be made ahead and refrigerated for up to 3 days.
- Serve with fresh vegetables or Food Hero Baked Tortilla Chips.
- Freeze extra lemon juice to use later.

Similar Recipes

- Cut on costs by reusing these ingredients in other recipes found on snapedny.org, such as:
 - Kale and White Bean Soup
 - Greens with Carrots
 - Baked Kale Frittata