

# French Onion Cottage Cheese Dip

18 Smart Snacks

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*1 onion, chopped*  
*2 cloves garlic, sliced*  
*1 tablespoon olive oil*  
*salt*  
*pepper*  
*1 1/3 cups 4% cottage*  
*cheese*  
*1 scallion, chopped*  
*1 teaspoon white wine*  
*vinegar*  
*pita chips (for serving)*

In a skillet over medium heat, saute' the onion and garlic in olive oil until golden, 12 to 15 minutes. Season with salt and pepper. Let cool.

In a food processor, puree' the cottage cheese until smooth. Add the onion mixture, the scallion and vinegar. Pulse.

Season with salt and pepper.

Serve with pita chips.

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Per Serving (excluding unknown items): 176 Calories; 14g Fat (67.6% calories from fat); 2g Protein; 13g Carbohydrate; 2g Dietary Fiber; 0mg Cholesterol; 7mg Sodium. Exchanges: 2 Vegetable; 2 1/2 Fat; 0 Other Carbohydrates.