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# Low-Calorie Dip

*Sarah R. S. Stender, M.D.*

*Party Recipes from the Charleston Junior League - 1993*

**1 pint cottage cheese**  
**1 cup grated Cheddar cheese**  
**2 tablespoons grated green bell pepper**  
**2 tablespoons grated onion**  
**2 tablespoons prepared horseradish**  
**3 tablespoons mayonnaise**  
**salt (to taste)**  
**freshly ground black pepper (to taste)**

In a medium-size bowl, combine all of the ingredients. Mix well.

Refrigerate until ready to serve.

Serve with crackers and/or vegetables.

Yield: 3 cups

## **Appetizers**

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*Per Serving (excluding unknown items): 1180 Calories; 82g Fat (61.6% calories from fat); 91g Protein; 23g Carbohydrate; 1g Dietary Fiber; 171mg Cholesterol; 2868mg Sodium. Exchanges: 12 1/2 Lean Meat; 1/2 Vegetable; 8 Fat; 0 Other Carbohydrates.*