



## RANCH STYLE DIP

**Yield:** approximately 2 cups

**Ingredients:**

- 2-4 tablespoons water OR lowfat OR fat free milk
- 1 (16-ounce) container cottage cheese (2% fat or less)
- 1 (1-ounce) package Ranch-style dressing mix

**Directions:**

1. In a blender, PLACE water OR milk, cottage cheese, and Ranch-style dressing mix and BLEND at medium to high speed.
2. For a thinner consistency, ADD more water or milk.
3. POUR mixture into a medium jar. COVER and REFRIGERATE until ready to SERVE.

**Variations:**

Instead of Ranch-style dressing mix, use:

- ½ teaspoon onion powder OR 2 tablespoons round onion
- ½ teaspoon pepper
- 1-2 teaspoons dill weed
- ½ teaspoon garlic powder

Serve with favorite “dippers” (potato rounds, cherry tomatoes, cabbage, lettuce leaves, broccoli, cauliflower, cucumber, carrots, bell peppers, zucchini strips, etc.)

Ranch dip may be used as a topping for potatoes, as a salad dressing, or as a dressing base for sandwiches, etc.

**ALWAYS PRACTICE SAFE FOOD HANDLING TECHNIQUES.**



## RANCH STYLE DIP

**Yield:** approximately 2 cups

**Ingredients:**

- 2-4 tablespoons water OR lowfat OR fat free milk
- 1 (16-ounce) container cottage cheese (2% fat or less)
- 1 (1-ounce) package Ranch-style dressing mix

**Directions:**

1. In a blender, PLACE water OR milk, cottage cheese, and Ranch-style dressing mix and BLEND at medium to high speed.
2. For a thinner consistency, ADD more water or milk.
3. POUR mixture into a medium jar. COVER and REFRIGERATE until ready to SERVE.

**Variations:**

Instead of Ranch-style dressing mix, use:

- ½ teaspoon onion powder OR 2 tablespoons round onion
- ½ teaspoon pepper
- 1-2 teaspoons dill weed
- ½ teaspoon garlic powder

Serve with favorite “dippers” (potato rounds, cherry tomatoes, cabbage, lettuce leaves, broccoli, cauliflower, cucumber, carrots, bell peppers, zucchini strips, etc.)

Ranch dip may be used as a topping for potatoes, as a salad dressing, or as a dressing base for sandwiches, etc.

**ALWAYS PRACTICE SAFE FOOD HANDLING TECHNIQUES.**