

## 5 A Day Recipes

### Appetizers

#### Onion Dip

**Serves 4**

- 1 cup low fat cottage cheese
- ¼ cup finely chopped scallions
- 2 teaspoons lemon juice

Combine cottage cheese and lemon juice and blend in the blender. Add scallions, and stir. For dipping, provide each person with ½ cup of blanched vegetables.

This is an official 5 A Day recipe and provides four people with one serving of vegetables each.