

KALE DIP

Source: foodhero.org

Prep time: 10 minutes, Cook time: 5 minutes, Makes: 1½ cups

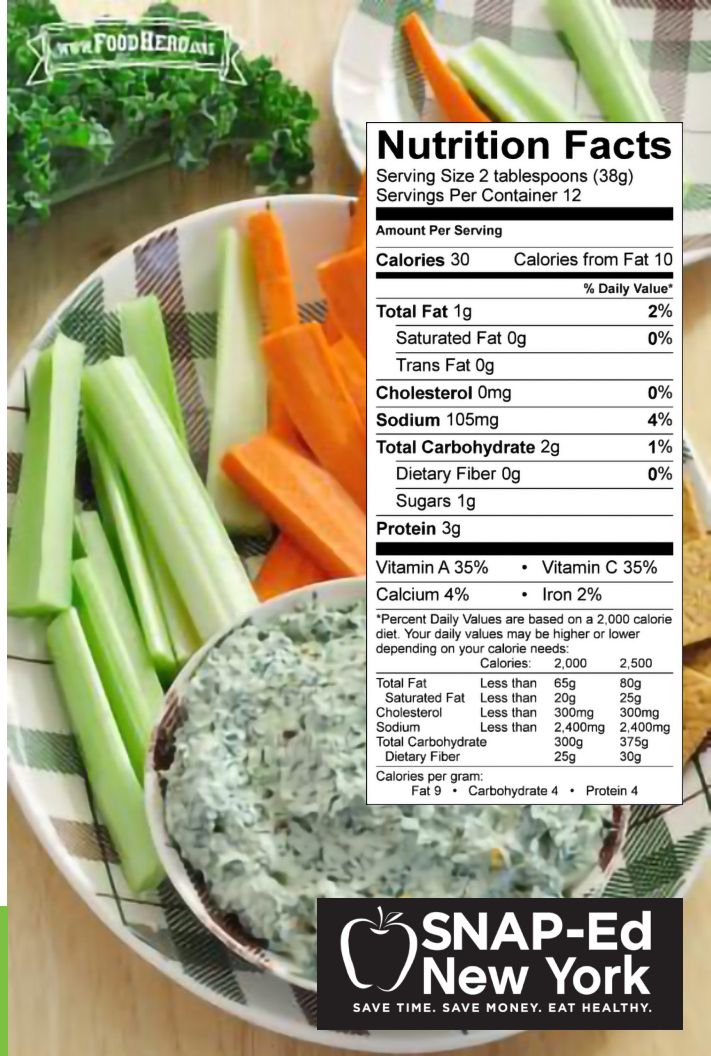
Ingredients:

- 1 ½ teaspoons oil
- 1 clove garlic, minced or ¼ teaspoon garlic powder
- 3 cups kale, thinly sliced
- ⅛ teaspoon salt
- 1 cup low-fat cottage cheese
- ½ teaspoon red pepper flakes or ¼ 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. Cook, uncovered, stirring occasionally until tender, about 3 to 4 minutes. Let cool.
2. Transfer kale to a blender. Add cottage cheese and puree until smooth.
3. Season with red pepper flakes and lemon juice.
4. Refrigerate leftovers within 2 hours.

Southern Tier SNAP-Ed is funded by USDA's Supplemental Nutrition Assistance Program- SNAP. SNAP provides nutrition assistance to people with low income. To find out more, go to www.myBenefits.ny.gov or contact 1-800-342-3009. This institution is an equal opportunity provider.



Nutrition Facts

Serving Size 2 tablespoons (38g)
Servings Per Container 12

Amount Per Serving

Calories 30 **Calories from Fat 10**

% Daily Value*

Total Fat 1g **2%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 105mg **4%**

Total Carbohydrate 2g **1%**

Dietary Fiber 0g **0%**

Sugars 1g

Protein 3g

Vitamin A 35% • Vitamin C 35%

Calcium 4% • Iron 2%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

| | Calories: | 2,000 | 2,500 |
|--------------------|-----------|---------|---------|
| Total Fat | Less than | 65g | 80g |
| Saturated Fat | Less than | 20g | 25g |
| Cholesterol | Less than | 300mg | 300mg |
| Sodium | Less than | 2,400mg | 2,400mg |
| Total Carbohydrate | | 300g | 375g |
| Dietary Fiber | | 25g | 30g |

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

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New York**
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