

# High Protein Sour Cream and Onion Dip



## INGREDIENTS:

2 tbsp of vegetable oil  
2 cups of minced onions  
1 pint of cottage cheese  
½ tsp garlic powder  
½ tsp onion powder  
Freshly ground black pepper  
2½ tsp of low sodium soy sauce  
Zest of ½ lemon  
2 tbsp finely chopped chives, divided  
Pita chips, crackers, or your choice of veggies

## INSTRUCTIONS:

1. Add oil to large, nonstick pan and set over medium heat. Add in minced onions and stir till they are sautéed.
2. Add cottage cheese, garlic powder, black pepper, soy sauce, and lemon zest to a high-powered blender. Blend on high for 1.5 minutes, using a spatula to scrape down the sides if needed. Blend until smooth.
3. Fold the finely chopped chives and sautéed onions into the mixture with spatula.
4. Pour dip into a serving bowl with chips, crackers, or veggies on the side.

