

Pick a **better snack**TM (how easy is that?)

**Wash. Dip.
Eat.**



Cottage Cheese Dip and Cauliflower

- 1/2 package onion or vegetable soup mix
- 1/3 cup low fat or fat free milk
- 1 pint cottage cheese, 2% or skim
- 1 head cauliflower, cut up

Mix all ingredients except cauliflower and refrigerate for thirty minutes. Sprinkle dip with paprika and serve with cauliflower.

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Cauliflower

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- Break cauliflower into bite size pieces and put in a plastic bag. Store in the refrigerator.
- Put ½ cup of florets in a plastic bag with 2 tablespoons of water. Microwave for 1 minute. Top with your favorite cheese.
- Put cauliflower florets in a covered bowl or bag with fat-free Italian dressing

Buying tips: Choose clean, white, firm heads without spots or bruises. Avoid those with open flower clusters.

Special tips: To wash, rinse well with cold water.

Storing tips: Cauliflower should be stored in the refrigerator in a plastic bag and is best used within 1 week.

Serving size: ½ cup of chopped cauliflower

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