



GARLIC CAPER DIP

Makes about 2 1/2 cups

1 PINT
low-fat cottage cheese

1/2 CUP
McArthur buttermilk

1/4 CUP
finely chopped green onion

3 TABLESPOONS
capers, drained

3 GARLIC CLOVES
minced

2 TABLESPOONS
fresh lime or lemon juice

1/8 TEASPOON
cayenne pepper to taste

SALT
FRESHLY GROUND PEPPER

Combine cottage cheese and McArthur buttermilk in blender and whirl until smooth. Transfer to bowl and stir in green onion, caper, garlic, and lime or lemon juice with cayenne pepper and salt to taste. Grind pepper over top.

