

C's Edamame Dip

Yields: 3 cups

2 unit portion of protein & 1 unit portion carbs = 1/2 cup

3 unit portion of protein & 2 units of carbs = 3/4 cup

4 unit portion of protein & 2 units of carbs = 1 cup

5 unit portion of protein & 3 units of carbs = 1 1/4 cup

Ingredients:

1 1/2 cups frozen shelled Edamame (green soybeans), thawed and boiled

1 cup Low-fat Cottage Cheese

2/3 cup water

1/4 cup Purple onion, coarsely chopped

3 Tbsp. Fresh Cilantro, coarsely chopped

2 Tbsp. Rice Vinegar

1 1/2 Tbsp. Olive oil

1/2 tsp. Kosher salt (OR Garlic Salt)

1 Tbsp. Chili Garlic Sauce (in the Asian food aisle) -more if you like it spicy!

8 oz. canned Cannellini Beans, drained

Directions:

Place all ingredients in a food processor or a blender and process until smooth.

Serve immediately, or cover and chill.