



## Taco Dip

### INGREDIENTS:

8 oz.	Fat free cream cheese
32 oz.	1% Cottage Cheese
1 c.	2% Sharp Cheddar cheese
8 oz.	Mild or Hot Taco Sauce (ORTEGA)
3 c.	Shredded ice berg lettuce
6 each	Roma tomatoes, diced
2 each	Green onions, top and bottom, diced,
1 T.	Cilantro, fresh, chopped

### PREPARATION:

- In food processor, puree cream cheese and cottage cheese.
- Then spread cream mixture on large platter.
- Top with taco sauce
- Then layer lettuce, cheese, tomatoes, onions and cilantro.
- Serve with baked corn tortilla chips or baked pita chips.

<b>Number of servings:</b>	<b>12</b>
<b>Serving Size:</b>	<b>½ cup</b>
<b>Total Calories:</b>	<b>150</b>
<b>Total Fat:</b>	<b>5</b>

