

Ricotta Kale Dip

Ingredients:

- 3 cups kale
 - 1/2 onion, chopped
 - 1/4 cup water
 - 2 teaspoons garlic powder seasoning
 - 1-1/2 teaspoons lemon rosemary or lemon pepper seasoning
 - 3/4 cup part skim ricotta
 - 1/2 cup Parmesan cheese, grated
1. Add kale, onion, water, garlic powder and lemon rosemary or lemon pepper to a saucepan.
 2. Cover and cook over medium heat until vegetables are tender, about 10 minutes. Transfer to a food processor and cool slightly.
 3. Add the ricotta and Parmesan cheese, puree until smooth.
 4. Can be served warm or chilled. Serve with fresh vegetables or whole grain chips/crackers.

Yield: 8 servings

Nutritional info per serving:

Calories: 80 | Fat: 4g | Sodium: 210mg | Carbs: 5g | Protein: 6g
Fiber: 1g

From: *www.wildtree.com*



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