Ricotta Kale Dip

Ingredients:

- 3 cups kale
- ½ onion, chopped
- ¼ cup water
- 2 teaspoons garlic powder seasoning
- 1-½ teaspoons lemon rosemary or lemon pepper seasoning
- ¾ cup part skim ricotta
- ½ 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

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