



## ***BLACK OLIVE AND CHEESE Dip***

<p><math>\frac{2}{3}</math> cup low-fat cottage cheese 150 mL</p> <p>1 tbsp PASTENE Wine Vinegar 15 mL</p> <p><math>\frac{1}{4}</math> cup PASTENE Extra Virgin Olive Oil 60 mL</p> <p>1 tsp grated orange rind 5 mL</p> <p><math>\frac{1}{4}</math> cup PASTENE Pitted Black Olives (or green olives), chopped 60 mL</p> <p>1 garlic clove, minced 1</p> <p>1 green onion, chopped 1</p> <p><math>\frac{1}{4}</math> tsp black pepper 1 mL</p>	<ul style="list-style-type: none"> <li>• In a blender, combine all ingredients until well blended.</li> <li>• Use as a dip for vegetables such as carrots, celery, green onions, cauliflower and broccoli, or with crackers, Italian bread or pita bread.</li> </ul>
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