

Skinny Taco Dip with Blue Label Organic Herbs

Ingredients

1 (16 oz) container low-fat cottage cheese
1 (4 oz) can green chilies, drained
1 can black beans, drained and rinsed
1 avocado, chopped
2 fresh chives, chopped
1 cup fresh cilantro, chopped
2 small tomatoes, chopped
1 teaspoon tabasco sauce
salt, to taste

Directions

Pour cottage cheese into a medium bowl.

Sitr in green chilies and black beans.

Add the remaining ingredients.

Mix until well combined.

Garnish with left over herbs.

Serve with chips or fresh veggies.

Enjoy!



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