the center
For Naturopathic Medicine & Functional Nutrition



Cottage Cheese Caramelized Onion Dip

Prep time	Total time	Meal type	Servings
20 minutes	25 minutes	Lunch, Snack, Side	4

Ingredients

- 2 sweet onion, large, *cut into slivers*
- 1/4 cup chives, fresh, *chopped*
- 2 Tbs olive oil
- 3 cup cottage cheese, whole-milk
- 1 tsp garlic powder

Directions

Prep

1. Slice onion and chop chives.

Make

1. Add olive oil and onion to a skillet and sauté over medium heat until the onion begins to soften. Continue sautéing until the onion begins to brown, adding water a tablespoon at a time to deglaze the pan. The sugar from the onion will naturally caramelize and turn brown, but you don't want it to burn.
2. Once the onion has completely softened and is brown, remove from heat and set aside to cool.
3. Add cottage cheese, yogurt, garlic, powder, and pepper to a blender and process until creamy. Pour into a bowl and stir in cooled onions and chives.
4. Serve with raw vegetables.

Nutrition Facts

Nutrition Facts

Amount per serving

Calories 113

	% Daily Value*
Total Fat 0g	**0%**
Saturated Fat 0g	**0%**
Trans Fat N/A	
Cholesterol N/A	**0%**
Sodium 13mg	**1%**
Total Carbohydrates 13g	**5%**
Dietary Fiber 1g	**5%**
Total Sugars 8g	
Protein 1g	
Vitamin D N/A	0%
Calcium 33mg	3%
Iron 0mg	2%
Potassium 197mg	4%

Source Living Plate

Notes

Disclaimer

Source: Nutrient data for this listing was provided by USDA Food Composition Database. Each 'NA' indicates a missing or incomplete value.
Nutrition information for recipes is calculated by retrieving and compiling individual food data from the USDA database. Factors such as brand selection, size of produce, and preparation can change nutrition information in any recipe. We offer this information as an estimate only