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Veterans-For-Change

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Cottage-Cheese Veggie Dip

Prep Time: 5 mins **Total Time:** 5 mins

Ingredients

> 1/2 cup(s) cottage cheese, low-fat

> 1/4 teaspoon lemon-pepper seasoning

➤ 1/2 cup(s) carrot(s), baby

> 1/2 cup(s) peas, snow, or snap peas

Preparation

Combine cottage cheese and lemon pepper. Serve with carrots and peas.