

COTTAGE CHEESE DIP

This simple recipe will get your students to eat their vegetables. Here's all you need:

1/3 cup milk

1 pint cottage cheese

1/2 package onion or vegetable soup mix

Mix the three ingredients by hand or in a blender. Refrigerate for 30 minutes or so.

Serve with raw vegetables such as carrot and celery sticks, zucchini and cucumber slices or small pieces of cauliflower.