JANE SMITH LIFESTYLE • RECIPE CARD

Whipped Cottage Cheese & White Bean Dip

with crisp mini peppers and cucumber



YIELD: 2 generous snacks • PREP: 10 minutes • COOK: 0 minutes

INGREDIENTS

- 1 cup cottage cheese
- 1 cup canned cannellini beans, rinsed and drained
- 1 tbsp fresh lemon juice
- ½ tsp garlic powder
- ½ tsp smoked paprika, plus a pinch for serving
- ¼ tsp kosher salt
- ■ tsp black pepper
- 1–2 tbsp water, as needed
- 2 tsp extra-virgin olive oil
- 8 mini sweet peppers, halved lengthwise and seeded
- 1 small cucumber, sliced into rounds

DIRECTIONS

1. Add the cottage cheese, cannellini beans, lemon juice, garlic powder, smoked paprika, salt and black pepper to a food processor or blender.
2. Blend until smooth and creamy, stopping to scrape the sides. Add water 1 tbsp at a time only if needed to help the mixture blend.
3. Spoon into a shallow bowl. Drizzle with olive oil and finish with a small pinch of smoked paprika.
4. Serve with the halved mini peppers and cucumber rounds.

JANE'S NOTE	MAKE-AHEAD & STORAGE
Rinsing and draining the beans well keeps the dip creamy and fresh tasting. Blend for a full minute for the smoothest texture.	Refrigerate the dip in a covered container for up to 3 days. Keep the vegetables dry and store them separately so they stay crisp.