Herby Cottage Cheese Dip

Yield:10 servings (2½ cups)

INGREDIENTS

- 2 tablespoons olive oil
- 1cup chopped yellow onion (about 1 small onion)
- Salt and black pepper
- 1 pint full-fat cottage cheese
- ⅓ cup roughly chopped fresh basil
- ⅓ cup roughly chopped fresh parsley
- ¼ cup thinly sliced chives or scallions, plus more for garnishing
- 2 tablespoons freshly squeezed lemon juice (from 1 large lemon)
- Chips, crackers, bread or crisp veggies, for serving

PREPARATION

1. **Step 1**
   Place a medium skillet over medium heat. Add the olive oil and onion, and sprinkle with salt. Cook the onion, stirring occasionally, until golden brown, 7 to 10 minutes. Transfer to a bowl and cool to room temperature, about 15 minutes.

2. **Step 2**
   Add the cooled onions, cottage cheese, basil, parsley, chives and lemon juice to a food processor or blender. Blend until smooth, about 3 minutes, scraping down the sides as necessary. Taste and season with salt and pepper as desired.

3. **Step 3**
   Cover and chill in the refrigerator for at least 30 minutes before serving topped with a sprinkle of chives and a few cracks of black pepper. Serve with chips, crackers, bread or crisp veggies.