

# Sobeys Dietitians

## Tortilla Crisps

Serves 6

### Ingredients:

1 tsp	5 ml	Garlic powder
1 tsp	5 ml	Onion powder
½ tsp	2 ml	Chili powder
5 small		Tortillas, whole-wheat

### Directions:

1. Heat oven to 475 degrees F.
2. Grease a large cookie sheet.
3. In a small bowl, mix garlic, onion and chili powders together. Set aside.
4. Brush each tortilla with water. Sprinkle with a pinch of seasoning mix. Cut tortilla into 6 wedges.
5. Put tortilla wedges in a single layer on the cookie sheet. Bake in oven for 5-7 minutes or until tortilla chips are brown and crispy.

### **Nutrition Information per Serving (per ½ tortilla):**

Calories	48
Fat	1 gram
Carbohydrate	3 gram
Fibre	1 gram
Protein	2 gram
Sodium	125 milligrams

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## 10 Minute Salsa Dip

Makes 55 servings

### Ingredients:

1 cup (250 ml)	Compliments cottage cheese, 1%
2 tbsp (30 ml)	Skim milk
1 tbsp (15 ml)	Lemon juice
$\frac{3}{4}$ cup (175 ml)	Compliments salsa
2 cups (500 ml)	Tomatoes, chopped
2 cups (500 ml)	Lettuce, chopped
$\frac{3}{4}$ cup (175 ml) shredded	Compliments part skim mozeralla cheese,

### Directions:

1. In a blender, mix cottage cheese, skim milk and lemon juice until well blended.
2. Spread on a dinner plate or serving platter.
3. Layer salsa, tomatoes and lettuce over cottage cheese mixture.
4. Sprinkle with cheese when ready to serve.

### Nutrition Information per Serving (2 tbsp):

Calories	10
Fat	0 grams
Carbohydrate	1 gram
Fibre	0 grams
Protein	1 gram
Sodium	50 milligrams

### Source: Sobeys Dietitians

\* Serve with baked nachos or pita chips.

\* Nutrient data above is listed for dip only.

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## Fruit Dip

Makes 55 servings

### Ingredients:

1 cup (250 ml)	Compliments cottage cheese, 1%
2 tbsp (30 ml)	Skim milk
1 tbsp (15 ml)	Lemon juice
1 large	Apple, chopped
1 large	Banana, chopped
1 large	Orange, chopped
1 tbsp	Honey

### Directions:

5. In a blender, mix cottage cheese, skim milk and lemon juice until well blended.
6. Spread on a dinner plate or serving platter.
7. Layer chopped fruit.
8. Drizzle with honey when ready to serve.

### Nutrition Information per Serving (2 tbsp):

Calories	10
Fat	0 grams
Carbohydrate	2 gram
Fibre	0 grams
Protein	2 gram
Sodium	8 milligrams

**Source: Sobeys Dietitians**

