

Ham Spread or Dip

Makes four servings.

- ~ 2/3 cup cottage cheese
- ~ 1 1/2 tbsp margarine
- ~ 6 oz boiled ham, ground
- ~ 2 tbsp green onions, chopped
- ~ 1 tbsp spicy brown mustard

Combine cottage cheese and margarine in a blender and process until smooth. Add in ham, green onions, and mustard, and process until combined.

Can be used as a sandwich spread, on crackers, or as a vegetable dip.

Per serving: 160 calories per serving, 16 g protein, 9 g fat, 2 g carbohydrates.