

## chili dip

*try it with chips*

Yield: approximately 1 1/4 cups

---

### ingredients:

1/2 c plain lowfat Yami yogurt  
1/2 c lowfat cottage cheese  
1/4 c chili sauce  
1 tbsp chili seasoning mix  
1 tsp prepared horseradish  
1/2 tsp salt

### preparation:

In a small bowl beat together cottage cheese and chili sauce until smooth. Add seasoning mix, horseradish and salt. Fold in yogurt. Cover and chill.

Note: you can also process the cottage cheese until smooth in a small food processor. When smooth, transfer to small bowl and proceed as directed above.

**Yami**<sup>®</sup>  
yogurt