

# Cottage Cheese Herb Dip

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## Ingredients

	Quantity:	Measure:	Ingredients:	Description:
	1/2	Teacup	Curds	
1		Tablespoon	Lime Juice	
1/4		Teacup	Onion, (from Leeks), Shallots	tender, chopped
1		Teacup	Paneer (Indian home made cheese)	
1		Pinch	Pepper Powder	
1		Teaspoon	Salt	

## Method

This is a basic onion dip. You can add a little curry powder, hot pepper sauce, or your favorite herbs or onion soup mix. In blender whisk paneer with lime juice until blended. Add remaining ingredients. Continuet until blended. Refrigerate for at least four hours.