



## Cottage Cheese Pizza Dip



Entire recipe: 208 calories, 7.5g total fat (4.5g sat. fat), 859mg sodium, 13g carbs, 1.5g fiber, 8.5g sugars, 21.5g protein

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**Prep:** 5 minutes    **Cook:** 5 minutes or less



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### Ingredients

1/2 cup low-fat cottage cheese  
1/4 cup marinara with 70 calories or less per 1/2 cup serving  
3 tbsp. shredded part-skim mozzarella cheese, divided  
1/4 tsp. garlic powder  
1/8 tsp. Italian seasoning  
1 tbsp. finely chopped bell pepper  
1 tbsp. finely chopped onion  
1/4 oz. (about 4 slices) turkey pepperoni, chopped  
Serving suggestions: mini sweet peppers, carrots, whole-grain crackers

### Directions

In a microwave-safe bowl, combine cottage cheese, marinara, 1 tbsp. mozzarella, garlic powder, and Italian seasoning. Mix well. Cover and microwave for 30 seconds.

Stir in pepper and onion. Top with remaining 2 tbsp. mozzarella and chopped pepperoni.

Cover and microwave for 1 minute, or until mozzarella has melted and entire dish is hot.

**MAKES 1 SERVING**

**HG Tip:** Want to cut the sodium? Use a DIY sauce made from canned crushed tomatoes and seasonings.

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