



**Elliott Evans Nutrition, LLC**  
**Prevent and Protect**  
**Jan Elliott Evans, PhD, RD, CNSD**  
**Registered Dietitian**  
**drevans@ub-well.com**  
**www.ub-well.com**  
**(804) 339-3200**

## **KALE DIP WITH SNAP PEAS**

**WHOLELIVING.COM**

**Serves 4**

- 1 Tablespoon extra-virgin olive oil**
- 1 garlic clove, thinly sliced**
- 3 cups thinly sliced kale leaves**
- Coarse salt**
- 1 cup low-fat cottage cheese**
- Pinch of red pepper flakes**
- 1 tablespoon fresh lemon juice**
- 2 cups sugar snap peas, trimmed**

- **Heat oil in a pan over medium heat. Add garlic and kale and season with salt. Cook, covered, stirring occasionally, until tender, 3 to 4 minutes. Let cool.**
- **Transfer to a food processor. Add cottage cheese and puree until smooth. Season with pepper flakes and lemon juice. Refrigerate for up to 3 days.**
- **Bring a pot of well-salted water to a boil and cook peas until bright green and tender, 1 to 2 minutes. Transfer to an ice-water bath; drain. Serve with dip.**