White Bean Cottage Cheese Dip with Crisp Vegetables

2 lunch plates, each with half the dip, raw vegetables and pita · Active 20 min · Total 20 min

Skills: Beginner with ordinary kitchen equipment

Ingredients

- About 1 1/3 cups cooked unsalted white beans, well drained (240 g)
- 1 cup plain 2% cottage cheese (250 g), stirred
- 1 tablespoon plus 1 teaspoon lemon juice (20 ml/about 20 g)
- 1 teaspoon olive oil (5 ml/about 4.5 g)
- 1 small garlic clove, peeled (3 g)
- 1/8 teaspoon fine salt (0.75 g)
- 1/8 teaspoon black pepper (0.3 g)
- 2 medium carrots, washed, trimmed and cut in thin batons (200 g prepared)
- 1/2 large cucumber, washed and cut in sticks (200 g prepared, skin on)
- 2 small whole-wheat pita breads (120 g total)

Set out

Food processor or sturdy blender suitable for a thick dip, Spatula, Knife and board, Vegetable peeler if needed, Kitchen scale, 2 plates or lunch containers, Refrigerator

Allergens

Milk, Wheat; pita may add soy or sesame—check its label. Check labels and substitutions.

Make it

1. Put cooked beans, cottage cheese, lemon, oil, garlic, salt and pepper in the processor. Pulse in short bursts, stop and scrape safely with the machine off, then blend until thick and mostly smooth. Do not add unmeasured water; small bean flecks are fine.

2. Divide all the dip between 2 plates or small covered containers. Divide carrot and cucumber sticks equally and cut or tear each pita into manageable pieces.

3. Serve each person half the dip and vegetables with one pita. Keep prepared plates refrigerated until eating and return any unused dip to the refrigerator promptly.

A beginner skill to practice

Practice scraping a food processor only after switching it off. A pause and a scrape are safer and more effective than pushing food toward moving blades.

A useful detail

The 20-minute total assumes the beans are already fully cooked and drained. The estimate uses unsalted boiled white beans. If using drained canned beans or a different cottage-cheese fat level, use its actual label values rather than assuming the same protein number.

Keep it well

Refrigerate dip and cut vegetables separately at 40°F/4°C or below. Use within 2 days or the shorter dairy deadline. Keep pita dry according to its package. Perishables should be refrigerated within 2 hours, or 1 hour above 90°F/32°C. Carry packed portions in an insulated bag with two cold sources and refrigerate on arrival if possible. The assembled dish does not restart the beans' storage clock: retain the original cooking or can-opening date and use before its earlier safe or package deadline. Use only beans whose original handling and refrigeration are known.