



Cottage Cheese Queso Dip



Creamy, high-protein, ready in 5 minutes.



5 MIN



SERVES 4



EASY

INGREDIENTS

- 1 cup full-fat cottage cheese
- 1 tbsp taco seasoning
- 1 cup shredded cheddar or Mexican blend
- 1 can (4 oz) diced green chiles, drained
- 1 clove garlic (or 1/2 tsp garlic powder)
- Optional: pico de gallo, jalapenos, cilantro

CHEF'S TIP

Blend the cottage cheese fully smooth before adding anything else. That's the whole secret to a queso with no lumps and no cottage cheese flavor.



INSTRUCTIONS

- 1 Blend cottage cheese, taco seasoning, and garlic until completely smooth, no visible curds.
- 2 Pour into a microwave-safe bowl. Add shredded cheese and green chiles.
- 3 Microwave in 30-second bursts, stirring between each, about 60-90 seconds total, until fully melted.
- 4 Stir until completely smooth, no separated cheese or oil visible.
- 5 Top with pico, jalapenos, or cilantro. Serve immediately with chips.

