

**Boston Medical Center  
Nutrition Resource Center**

Preventative Food Pantry: (617) 414-3834 or (617) 414-5263  
Food Demonstration Kitchen: (617) 414-3840 or [www.bmc.org](http://www.bmc.org)



## **Ricotta-Olive Dip**

**Makes about 8 servings**

### **Ingredients:**

- 1 cup large olive, with pimiento
- 1 cup part-skim ricotta cheese
- 4 ounces low-fat cream cheese, softened
- 1 garlic clove, minced (about 1 teaspoon)
- Assorted cut vegetables

### **Directions:**

- 
1. Place all ingredients in a food processor. Pulse until cheese and olives are smooth. Refrigerate 2 hours.
  2. Serve with assorted cut vegetables.

### **Nutritional Information per ¼ cup serving:**

Calories: 105	Carbohydrates: 12g
Total Fat: 4g	Cholesterol: 89mg
Saturated Fat: 1g	Dietary Fiber: 1g
Sodium: 267mg	Protein: 12g