

Vegetable Dip

1 carton sour cream (500ml),

$\frac{3}{4}$ c mayo,

1 tblsp parsley flakes,

1 tblsp seasoned salt,

1 tblsp minced green onion,

1 tblsp dill weed,

2 tsp lemon pepper.

Let set a couple of hours to season.

Note: you may substitute 500 ml cottage cheese and 1 tblsp lemon juice blended in blender instead of the sour cream. A bit more healthy.