

A Healthy Cayenne Dill Dip & The Next “Breaking Bad”

Description

Whether sweet or savory, I love having a good dip around. In the savory department, I make an easy and healthy cayenne dill dip that always satisfies my cravings.



Store bought dips and spreads are typically loaded with ingredients you need a dictionary (or Google) to figure out what they are, and they definitely are NOT found in the common kitchen. If more people would just read the ingredients list on things they buy, maybe it would act as a deterrent. Or maybe not, but who wants eat something full of chemicals made in a science lab?

Speaking of labs, I think Going Mom and I found our new “Breaking Bad”; “The Walking Dead”. We’ve heard all good things about it and one of my co-workers (when I worked) let me borrow the first season twice but we never watched a minute.

Ever since finishing the awesomeness that is [Breaking Bad last year](#), we haven’t found a good replacement. We found and quickly went through the first and only season of [The Unbreakable Kimmy Schmidt](#) in just 2 weeks, and just watched the first season of The Walking Dead this weekend. Us = hooked.

But that poor horse at the end of the first episode! He was promised a safer place in Atlanta only to be eaten by zombies. That’s beyond a broken promise!

Just like our Breaking Bad experience, watching shows is difficult with a kid. Last year we had to hold Avery and dance around the living room or rock her in her swing as we subjected her to the show. At nighttime, the volume was so low you couldn’t chew snacks without missing what someone said.



Had to make sure Breaking Bad was paused for the pic!

Now that Avery is older, we only have nighttime to watch something, and with her resistance to sleep and Kelley falling asleep when nursing her most of the time, things are still difficult.

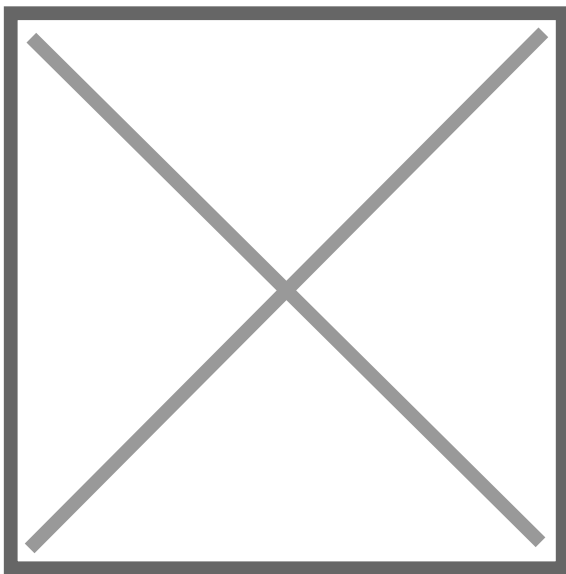
We are not TV-watching people; we pay \$5/month for the basic of basic plans, and hardly, if ever, turn the TV on during the week. Since my wife is the worker bee in the family, I respect her need to sleep, so no Walking Dead marathons are in our future, but weâ€™re gunning for at least one episode per night.

Hope this works out, cliff-hangers drive us crazy!

Anyway, I might talk more about what we see as we encounter Rick fighting his way through zombie land, but for now, how about a spicy recipe?

Hey, nothing like watching quality TV with a good dip and something to dip with, right? Use any raw veggie or even [homemade beer bread](#) to dip or spread this on and youâ€™re set.

Healthy Cayenne Dill Dip



by RC Liley

Prep Time: 5 Minutes

Ingredients

- 1/2 cup low fat cottage cheese
- 1/2 cup Plain, Non-fat Greek yogurt
- 1 tsp apple cider vinegar
- 1 ½ T dill
- 1/2 T cumin
- 1/2 tsp cayenne
- 1/2 tsp paprika
- 1 tsp onion powder
- 1 tsp garlic powder (not the salt!)

- Pinch of sea salt
- Ground black pepper to taste

Instructions

Combine all ingredients in a bowl (I used the half empty cottage cheese container so I could just keep everything inside for no cleanup) and mix well. Let flavors marry in the fridge for at least 2 hours. After sitting overnight the flavors only get better.

Powered by [Recipage](#)

If you™re wondering, we did exactly nothing for Easter. We usually go to see [family like last year](#), but just kept it low key by staying home and listening to Avery talk to herself instead of take a nap.

Do you enjoy a good dip?

Would you rather have something sweet like [this peanut butter pumpkin dip](#) or savory like the above?

How was your Easter?

Date Created

2015/04/06