



TBQ 1000 Island Dressing

Ingredients

- 1 cup cottage cheese
- 1 cup Greek style yogurt
- 1 tbsp dried chopped onion, or
fresh chopped sweet onion
- 1 tbsp dried chives, or fresh chopped chives
- 1 tbsp pimento - diced fine, strain well if it is in oil
- 1 tbsp gherkin pickles - diced fine
- 3 tbsp TBQ Zesty Sauce or TBQ Honey Sauce
- 1 tbsp TBQ All Purpose Seasoning



Directions

1. Using cheesecloth in a collander or strainer, strain cottage cheese to remove liquid for several hours.
2. Place the cottage cheese in a food processor and turn it into a paste. Transfer the cottage cheese paste to a small mixing bowl.
3. Add the yogurt, onion, chives, pimento, pickles, TBQ Sauce and TBQ All Purpose Seasoning. Combine all ingredients thoroughly with a fork. The consistency should be a bit chunky.
4. Chill overnight before serving.

Enjoy!