

Warm Cheese Dip with Salsa Verde

PREP 5 minutes

MICROWAVE 1 minute

MAKES about 2 cups

- 1 package (8 ounces) light cream cheese (Neufchâtel)
- 1 cup mild or medium-hot green salsa (salsa verde), at room temperature
- ½ cup loosely packed fresh cilantro leaves, chopped
- tortilla chips, breadsticks, carrot and celery sticks, and red-pepper strips for dipping

1. Cut cream cheese into 10 equal pieces and transfer to microwave-safe 8-inch quiche or gratin dish. Cook, uncovered, in microwave oven on High 1 minute.
2. To serve, pour salsa over cream cheese; sprinkle with cilantro. Accompany with tortilla chips, breadsticks, and/or vegetables.

■ Each tablespoon dip: About 20 calories, 1 g protein, 1 g carbohydrate, 2 g total fat (1 g saturated), 0 g fiber, 5 mg cholesterol, 50 mg sodium.
