

HEALTHY MAKEOVER
**“Pimento”
 Cheese Log**

Your guests will love this party favorite—and its slim profile.

Our version is as cheesy as one celeb chef’s, but a lot less greasy: By subbing goat cheese for mayo and roasted red peppers for bacon, we’ve cut out 291 calories and 27 grams of fat. Plus, our fresh green herb and pink pepper coating delivers a hearty dose of holiday cheer. For extra calorie savings, serve with celery sticks instead of crackers.

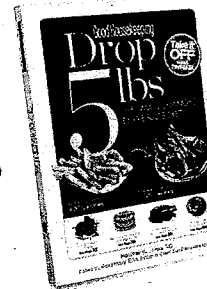
Total time 10 minutes plus chilling
Makes 2 logs

- 3 Tbsp. roasted salted almonds
- ¼ c. tightly packed fresh flat-leaf parsley leaves
- 2 piquillo peppers, patted dry
- 8 oz. reduced-fat cream cheese (Neufchâtel)
- 4 oz. goat cheese
- ½ tsp. ground coriander
- ⅛ tsp. cayenne (ground red pepper)
- 1 tsp. coarsely ground pink pepper or ½ tsp. freshly ground black pepper

1. In food processor with knife blade attached, pulse almonds until finely chopped. Transfer to large sheet of plastic wrap; do not wipe bowl. Pulse parsley until finely chopped; transfer to plastic wrap with almonds. Wipe bowl.
2. In cleaned food processor, pulse piquillo peppers until finely chopped. Add cheeses, coriander, and cayenne and pulse until well mixed, occasionally scraping bowl with rubber spatula. Transfer mixture to clean large sheet of plastic wrap and form into 12-in.-long log.
3. Add pink pepper to parsley mixture; mix well. Spread in 12" by 5" rectangle. Using plastic wrap, place cheese log on parsley mixture. Roll and gently press into parsley mixture. Wrap tightly in the plastic wrap. Refrigerate until firm, about 3 hours. Log can be refrigerated up to 3 days. To serve, cut log crosswise to form 2 smaller logs and arrange on platter.

EACH 2-TABLESPOON SERVING 🍷 🥗

About 65 calories, 3 g protein, 1 g carbohydrate, 6 g total fat (3 g saturated), 0 g fiber, 14 mg cholesterol, 90 mg sodium.



For more Healthy Makeovers of holiday dishes, as well as tips on avoiding end-of-year weight gain, pick up GH’s new book, *Drop 5 lbs.: The Small Changes, Big Results Diet*, in bookstores everywhere.