

Low-Fat Blue Cheese Dip

From Deliciously Healthy Family Meals, US Dept. of Health and Human Services
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Dipping makes veggies fun—try this tasty dip for dinner, a snack, or a party!

Ingredients

- ¼ cup reduced-fat blue cheese crumbles
- ¼ cup fat-free sour cream
- 2 Tbsp. light mayonnaise

Instructions

Combine ingredients; serve with assorted fresh vegetable strips and slices (e.g. cucumbers, carrots, red, green and yellow peppers, broccoli, summer squash, etc.)

Makes four servings (1Tbsp. of dip per serving)

Nutritional information	per serving
Calories: 56	
Total fat	4 g
Saturated fat	1 g
Cholesterol	4 mg
Sodium	145 mg
Total fiber	0 g
Protein	3 g
Carbohydrates	3 g
Potassium	22 mg
Vitamin A	2%
Vitamin C	0%
Calcium	2%
Iron	0%

Percent Daily Values are based on a 2,000 calorie diet.

