

Roasted Red Pepper Dip & Vegetables

(Makes 8 servings)

Ingredients:

Dip Ingredients:

- 1 8-ounce package nonfat cream cheese
- 3 roasted red peppers (7.25 ounce jar okay)
- 1 cup packed fresh basil leaves
OR 1 – 3 tablespoons dried basil leaves
- ¼ teaspoon salt
- ½ cup chopped green onion

Vegetables:

- 1 cucumber
- 2 green bell peppers
- 1 pound small cherry tomatoes
- 2 red bell peppers

Directions:

- 1) Slice vegetables and arrange on a tray.
- 2) Combine cheese, pepper, basil, and salt in food processor or blender; puree until basil and pepper are in tiny pieces.
- 3) Remove from processor to a bowl. Stir in green onions.

Nutritional Analysis: (per serving / 1/8 of vegetables + 1/8 of dip)

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| ▪ Calories: 71 | ▪ Carbohydrates: 11.8 g |
| ▪ Fat: 0.5 g | ▪ Fiber: 2.8 g |
| ▪ Saturated Fat: 0.1 g | ▪ Sodium: 311 mg |
| ▪ Protein: 5.9 g | |

Source:

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