

SOUTHWEST CHILI CHEESE DIP

Gluten Free, Low Carb / Diabetes Friendly, Lower Saturated Fat, Lower Sodium

Serves: 20 (Serving= 1/4 cup dip and 6 strips bell pepper)

Nutrition (per serving)

Calories: 85

Total Fat: 4 g

Saturated Fat: 2.5 g

Sodium: 117 mg

Total Carbohydrate: 5 g

Dietary Fiber: 1 g

Total Sugars: 2 g

Protein: 6.5 g



Ingredients

- 8 ounces Neufchatel cheese, softened
- 16 ounces plain non-fat Greek yogurt
- 1 Tablespoon chopped fresh cilantro
- 1 Tablespoon dried buttermilk powder (assure gluten free for GF version)
- $\frac{3}{4}$ teaspoon ground cumin
- 1 teaspoon chili powder
- $\frac{3}{4}$ teaspoon garlic powder
- $\frac{3}{4}$ teaspoon onion powder
- $\frac{1}{4}$ teaspoon salt
- $\frac{1}{8}$ teaspoon black pepper
- $\frac{1}{2}$ cup frozen corn, thawed
- 14.5 ounce can no salt added petite diced tomatoes, drained and rinsed (reserve 1 Tablespoon for topping)
- 4.5 ounce can chopped green chilies, drained and rinsed (reserve 1 Tablespoon for topping)
- 1 cup cooked lean (93/7) ground turkey breast
- $\frac{1}{2}$ cup low fat (2%) shredded Mexican cheese blend (reserve 1 Tablespoon for topping)
- 4 assorted colored bell peppers, sliced into 120 strips



Directions

1. In a mixing bowl, beat together Neufchatel cheese and Greek yogurt with a hand mixer until smooth.
2. Add dried buttermilk, herbs and spices, and beat again until well combined.
3. Fold in corn, diced tomatoes, chilies, ground turkey, and shredded cheese.
4. Transfer to serving bowl. Sprinkle with reserved toppings.
5. Serve with bell pepper strips.



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