

## BLACK BEAN DIP

Serves 12

Serving size =  
¼ cup

**Per serving:**

Calories: 106

Fat: 0g

Sat fat: 0g

Chol: 0mg

Carb: 20g

Protein: 6g

Sodium: 248mg

Fiber: 5g

2 (15-ounce) cans black beans, undrained  
2 fresh jalapeño peppers, chopped  
2-4 cloves garlic, chopped  
1 cup chopped tomato  
2 tablespoons minced fresh cilantro

- ① Drain beans, reserving ¼ cup liquid.
- ② To food processor bowl add beans, reserved liquid, jalapeño peppers, and garlic; process until smooth.
- ③ Spoon into a serving bowl.
- ④ Combine tomato and cilantro; stir well, and spoon over bean mixture.
- ⑤ Serve with low-fat tortilla chips and fat-free sour cream. Makes 3 cups

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## SPINACH DIP

Serves 12

Serving size =  
¼ cup dip +  
1 slice bread

**Per serving:**

Calories: 97

Fat: 1g

Sat fat: 0g

Chol: 1mg

Carb: 17g

Protein: 5g

Sodium: 353mg

Fiber: 2g

1 (10-ounce) package frozen chopped spinach  
16 ounces fat-free sour cream  
½ package dried vegetable soup mix  
¼ teaspoon garlic powder  
1 round loaf pumpernickel bread

- ① Thaw spinach, drain & squeeze dry.
  - ② Spoon sour cream into a medium bowl.
  - ③ Add spinach, vegetables soup mix, and garlic powder to sour cream; mix well.
  - ④ Chill for 4 hours or overnight.
  - ⑤ Hollow out pumpernickel bread so that it forms a bowl shape to hold the dip.
  - ⑥ Fill the bread bowl with chilled dip.
  - ⑦ Cut remaining bread into squares; serve dip with bread squares & raw veggies.
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## HOT ARTICHOKE DIP

Serves 12

Serving size =  
¼ cup

**Per serving:**

Calories: 89  
Fat: 6g  
Sat fat: 2g  
Chol: 8mg  
Carb: 5g  
Protein: 3g  
Sodium: 288mg  
Fiber: 2g

1 (14-ounce) can artichoke hearts  
(canned in water), drained  
¾ cup reduced-calorie mayonnaise  
¾ cup grated Parmesan cheese

- ❶ Preheat oven to 375°F.
- ❷ In a 1-quart casserole, mash artichoke hearts.
- ❸ Add mayonnaise and cheese; mix well.
- ❹ Bake at 375°F for 20-30 minutes or until slightly brown on top.
- ❺ Serve hot with low-fat wheat crackers of your choice.

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## SALMON SPREAD

Serves 12

Serving size =  
¼ cup

**Per serving:**

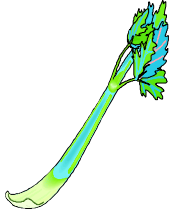
Calories: 69  
Fat: 2g  
Sat fat: <1g  
Chol: 21mg  
Carb: 1g  
Protein: 10g  
Sodium: 373mg  
Fiber: 0g

1 (16-ounce) can pink salmon  
1 (8-ounce) tub fat-free cream cheese  
1¼ tablespoons lemon juice  
2 teaspoons freshly grated onion  
1½ teaspoons prepared horseradish, or to taste  
¼ teaspoon salt  
¼ teaspoon liquid smoke  
Parsley, chopped (for color)

- ❶ Drain & flake salmon, removing skin.
  - ❷ Add remaining ingredients to salmon; mix well.
  - ❸ Chill several hours, or overnight.
  - ❹ Serve with low-fat whole wheat crackers.
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# CELERY SEED CIDER DIP

Serves 12



Makes 3 cups

Serving size =  
1/4 cup

***Per serving:***

*Calories: 64*

*Fat: 4g*

*Sat fat: 0g*

*Chol: 5mg*

*Carb: 4g*

*Protein: 4g*

*Sodium: 118mg*

*Fiber: 0g*

- 1/4 cup onion, chopped
- 3 tablespoons cider vinegar
- 1 tablespoon apple juice
- 2 1/4 teaspoons chopped fresh tarragon
- 1/2 teaspoon Dijon mustard
- 1/2 cup olive oil
- 2 1/4 teaspoons celery seed
- 3 slices turkey bacon
- 2 cups plain nonfat yogurt
- 6 tablespoons chopped fresh herbs (such as parsley, tarragon & basil)
- 1/4 cup freshly grated Parmesan cheese
- 1/4 cup chopped red bell pepper

- ❶ Purée onion, vinegar, apple juice, tarragon and Dijon mustard in food processor.
- ❷ Gradually add oil through food chute and blend until smooth.
- ❸ Mix in celery seeds; cover and refrigerate.
- ❹ Cook bacon in microwave or large skillet over medium heat until crisp.
- ❺ Transfer crumbled bacon to paper towel & blot dry; cool bacon; crumble finely.
- ❻ Place crumbled bacon, yogurt, herbs, Parmesan cheese and bell pepper in a small bowl.
- ❼ Remove dressing from refrigerator and mix in with yogurt mixture.
- ❽ Place dip in center of platter; serve with assorted vegetables.

**Make Ahead Tip:** Dip can be made 1 day ahead. Cover & refrigerate. Bring to room temperature before using.

# CRAB DIP



*Serves 14*

Serve with unsalted crackers or bread sticks

Makes 3 ½ cups

Serving size =  
¼ cup

***Per serving:***

*Calories: 71*

*Fat: 3g*

*Sat fat: 1g*

*Chol: 23mg*

*Carb: 3g*

*Protein: 8g*

*Sodium: 211mg*

*Fiber: 0g*

- ½ cup light sour cream
- 8 ounces fat-free cream cheese
- 2 tablespoons light mayonnaise
- 1 tablespoon skim milk
- 1 tablespoon prepared horseradish
- ½ teaspoon dry mustard
- ¼ teaspoon hot sauce
- ½ teaspoon Worcestershire sauce
- 1 cup (4 ounces) shredded reduced-fat sharp cheddar cheese
- ½ pound fresh lump crabmeat, drained
- ⅛ teaspoon paprika

- ❶ In food processor bowl, combine sour cream, cream cheese, mayonnaise, milk, horseradish, mustard, hot sauce and Worcestershire sauce.
- ❷ Process until smooth, scraping sides of processor bowl once.
- ❸ Spoon mixture into a bowl; stir in cheddar cheese and crab.
- ❹ Cover & chill. Sprinkle with paprika.

**Quick, Easy Garnish:**

To spruce up a plain party platter, add a pretty green onion fan:

To make: Slice off the root and most of the onion's top portion. Cut the onion into 3- or 4-inch lengths and place on a cutting board. Using a sharp knife, cut several slits at the end of the piece of onion, cutting almost to, but not through, the center. Place in ice water; refrigerate about 10 minutes or until fan curls.

# CHEDDAR CHEESE BALL

Serves 12



To avoid last minute preparation, make ahead of time and freeze

Makes 1 ½ cups

Serving size =  
2 tablespoons

***Per serving:***

*Calories: 74*

*Fat: 6g*

*Sat fat: 2g*

*Chol: 8mg*

*Carb: 1g*

*Protein: 4g*

*Sodium: 115mg*

*Fiber: 0g*

- 1 cup (4-ounces) shredded reduced-fat sharp cheddar cheese
- 3 ounces light cream cheese
- 2 tablespoons light margarine
- 2 tablespoons skim milk
- 1 tablespoon finely chopped onion
- 1 tablespoon diced pimento
- 1 teaspoon Worcestershire sauce
- 1 dash hot sauce (optional)
- ⅓ cup snipped fresh parsley leaves
- ⅓ cup finely chopped pecans

- ❶ Bring cheddar cheese, cream cheese, and margarine to room temperature.
- ❷ Place in food processor.
- ❸ Add milk, onion, pimento, Worcestershire sauce, and hot sauce.
- ❹ Process till combined.
- ❺ Shape into a ball.
- ❻ Combine nuts & parsley and roll ball in mixture.
- ❼ Cover and chill 4 to 24 hours.
- ❽ Serve with assorted low-fat crackers.

**Making A Christmas Cheese Wreath:**

Shape cheese ball into a wreath for the Christmas holiday.

- Spray small bundt pan or jello mold with nonstick cooking spray.
- Sprinkle finely chopped pecans and parsley in bottom of pan.
- Using waxed paper, press cheese ball into bundt pan to shape like a wreath.
- Chill and turn out onto platter. When cheese reaches room temperature, it will come out of pan easily.
- Decorate with parsley or red bell pepper strips.

# CHICKEN TIDBITS

*Serves 16*

Great for Superbowl parties

Variation:  
This recipe also works well as a main dish if the breasts are left whole.

Makes 50 tidbits

Serving size =  
3 tidbits

***Per serving:***  
***Calories: 159***  
***Fat: 4g***  
***Sat fat: 2g***  
***Chol: 35mg***  
***Carb: 13g***  
***Protein: 16g***  
***Sodium: 388mg***  
***Fiber: <1g***

2 pounds boneless, skinless chicken breasts  
1 (8-ounce) bottle fat-free Italian dressing  
2 cups Italian-style bread crumbs  
1 cup grated Parmesan cheese

- ❶ Preheat oven to 400°F.
- ❷ Cut chicken breasts into strips or bite-size pieces and place in a medium glass bowl.
- ❸ Pour Italian dressing over chicken; toss in bowl to coat pieces.
- ❹ Cover and refrigerate 3 to 6 hours.
- ❺ In a small bowl, combine the bread crumbs and Parmesan cheese.
- ❻ Remove chicken from dressing with a slotted spoon and roll tidbits in crumb mixture. Discard remaining dressing.
- ❼ Place tidbits onto ungreased cookie sheets in a single layer.
- ❽ Bake in oven until cooked & browned, about 10 to 12 minutes.

## Slimming Strategy:

To keep your weight in check, try the following tips at parties:

- Take a low-fat appetizer to the party.
- Be selective about what & how much you eat.
- If something is irresistible, but not a healthy choice, take a small portion & savor every bite!
- Don't tempt yourself by standing next to the buffet table. Make a selection and walk away.
- Eat a preplanned, low-calorie snack before you go out to avoid overeating later.
- Don't eat as soon as you arrive.
- Start a conversation with someone.

# GARLIC-AND-CHEESE BRUSCHETTA

Serves 16



When tomatoes are in season, add tomato slices and fresh basil.

Serving size =  
1 slice

**Per serving:**

Calories: 86

Fat: 3g

Sat fat: 1g

Chol: 4mg

Carb: 9g

Protein: 7g

Sodium: 223mg

Fiber: 0g

8 ounces fat-free cream cheese  
¼ cup plus 2 tablespoons fat-free sour cream  
2 tablespoons reduced-calorie  
mayonnaise  
1 cup (4 ounces) shredded, reduced-fat  
Swiss cheese, divided in half  
¼ cup freshly grated Parmesan cheese  
2 tablespoons minced fresh parsley  
1 tablespoon minced green onions  
2 cloves garlic, minced  
16 (1-inch) diagonally cut slices French  
bread, toasted (1 pound loaf) OR 32 party rolls, cut in half  
¼ teaspoon black pepper

- ❶ Combine cream cheese, sour cream and mayonnaise in a small bowl; beat at medium speed with an electric mixer until smooth.
- ❷ Stir in ½ cup Swiss cheese, Parmesan cheese, parsley, onion and garlic.
- ❸ Spread cheese mixture evenly over toast slices; sprinkle evenly with remaining ½ cup Swiss cheese.
- ❹ Broil 5½ inches from heat for about 1½ minutes or until Swiss cheese melts.
- ❺ Sprinkle with pepper.

Bruschetta [broo-SHEH-tah]. From the Italian *bruscare* meaning to “roast over coals,” this traditional garlic bread is made by rubbing slices of toasted bread with garlic cloves, then drizzling the bread with olive oil. Sprinkle with pepper & serve warm.

# GUACAMOLE RANCHERO

Serves 8



Makes 2 cups

Serving size =  
¼ cup

**Per serving:**

Calories: 46

Fat: 3g

Sat fat: <1g

Chol: 0mg

Carb: 4g

Protein: 1g

Sodium: 40mg

Fiber: 2g

- 2 tablespoons finely chopped onion
- 1-2 cloves garlic, minced
- 2 tablespoons chopped fresh cilantro leaves (optional)
- ½ small fresh green chili pepper, cored, seeded and finely chopped
- ¼ teaspoon salt
- 1 medium avocado, ripe
- 1½ teaspoons lemon juice
- ¼ cup plain nonfat yogurt
- 1 large tomato, coarsely chopped

- ❶ Combine onion, garlic, cilantro, chili pepper and salt in a small bowl.
- ❷ Mash with bottom of fork until watery.
- ❸ Peel avocado and cut in half; discard pit.
- ❹ Add avocado flesh to bowl with lemon juice.
- ❺ Coarsely mash avocado with fork.
- ❻ Stir in yogurt and tomato.

Nutri-Tip: OK, so an avocado is anything but a low-fat food. However, one avocado supplies one-fourth of your daily need for magnesium and more than one-half the folic acid and one-fourth of the vitamin A, as well as lots of B vitamins, iron and trace minerals.

# MARINATED MUSHROOMS

Serves 8

Serving size =  
3 mushrooms

**Per serving:**

Calories: 51

Fat: 4g

Sat fat: 1g

Chol: 0mg

Carb: 4g

Protein: 1g

Sodium: 299mg

Fiber: 1g

1/3 cup red wine vinegar  
1/3 cup olive oil  
1 teaspoon prepared mustard  
1 tablespoon brown sugar  
2 tablespoons parsley flakes  
1 teaspoon salt  
1/8 teaspoon black pepper  
1 small onion, sliced & separated in rings  
1 pint (about 24) medium fresh mushrooms, washed

Combine all ingredients, except mushrooms in medium saucepan. Heat to boiling. Add mushrooms and simmer 5 minutes. Pour into bowl. Cover and chill overnight. Drain before serving. Serve with toothpicks.

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# OVEN FRIED ZUCCHINI

Serves 9

Serving size =  
1/3 zucchini

**Per serving:**

Calories: 44

Fat: 1g

Sat fat: 0g

Chol: 1mg

Carb: 7g

Protein: 2g

Sodium: 109mg

Fiber: 1g

3 medium zucchini  
1/4 cup egg beaters  
2 tablespoons light Italian dressing  
1/2 cup fine, dry bread crumbs  
2 tablespoons Parmesan cheese  
1/8 teaspoon black pepper

Cut zucchini into 1/4-inch-thick slices; set aside. Combine egg beaters & Italian dressing in bowl; stir well. Combine bread crumbs, Parmesan cheese, & pepper in bowl; stir. Dip zucchini in egg mixture; dredge in bread crumb mixture. Place zucchini on baking sheet coated with cooking spray. Bake at 475°F for 5 minutes; turn; bake an additional 5 minutes or until golden.

# PARTY SNACK MIX

Serves 6



Makes 6 cups

Serving size =  
1 cup

***Per serving:***

*Calories: 101*

*Fat: 1g*

*Sat fat: 0g*

*Chol: 0mg*

*Carb: 21g*

*Protein: 2g*

*Sodium: 347mg*

*Fiber: 2g*

- 2 cups air-popped popcorn
- 2 cups corn Chex cereal
- 1 cup multi-bran Chex cereal
- 1 cup mini pretzels
- 2 teaspoons reduced-calorie margarine, melted
- 2 tablespoons Worcestershire sauce
- $\frac{1}{8}$  teaspoon seasoned salt
- $\frac{1}{8}$  teaspoon garlic powder

- ❶ Preheat oven to 275°F.
- ❷ Combine popcorn, corn Chex cereal, multi-bran Chex cereal, and pretzels in a large zip-top heavy-duty plastic bag; set aside.
- ❸ Combine margarine and remaining ingredients in a small bowl; add to mixture in bag.
- ❹ Seal bag, and shake to coat.
- ❺ Spread mixture evenly into a 15- x 10- x 1-inch jelly roll pan (cookie sheet with sides).
- ❻ Bake at 275°F for 20-30 minutes, stirring twice.
- ❼ Cool completely; store in an airtight container.

Variations:

**Try Adding:**

- ▶ Cheerios cereal
- ▶ Wheat Chex
- ▶ Bite-size shredded wheat

**To Lower Sodium Content:**

- ▶ Use unsalted pretzels
- ▶ Eliminate seasoned salt
- ▶ Add onion powder
- ▶ Add hot sauce

# POTATO SKINS WITH CHEESE & BACON

Serves 8



Serving size =  
1 stuffed skin

**Per serving:**

Calories: 151

Fat: 3g

Sat fat: 2g

Chol: 12mg

Carb: 24g

Protein: 7g

Sodium: 175mg

Fiber: 2g

- 4 medium baking potatoes (about 2 pounds)
- 4 slices turkey bacon
- $\frac{3}{4}$  cup (3 ounces) shredded reduced-fat sharp cheddar cheese
- 1 tablespoon minced chives or finely chopped green onion
- $\frac{1}{4}$  cup fat-free sour cream

- ❶ Bake potatoes at 425°F for 1 hour or until done. Cool slightly. Cut each potato in half lengthwise; scoop out pulp, leaving a  $\frac{1}{4}$ -inch-thick shell. Reserve pulp for another use.
  - ❷ Place potato shells on a baking sheet sprayed with nonstick cooking spray.
  - ❸ Spray inside of shells with cooking spray.
  - ❹ Bake at 425°F for 8 minutes or until shells are crisp; set aside.
  - ❺ Cook bacon in microwave according to package directions or in a large skillet over medium heat until crisp; cool slightly. Chop into small pieces, set aside.
  - ❻ Divide cheese evenly among potato shells.
  - ❼ Bake at 425°F for 5 minutes or until cheese melts.
  - ❽ Sprinkle evenly with bacon and chives or green onion.
  - ❾ Serve with sour cream.
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# QUICK HUMMUS SPREAD

Serves 12

Try adding more red pepper and parsley for more flavor & color!

Makes 3 cups

Serving size =  
¼ cup

**Per serving:**

*Calories: 141*

*Fat: 4g*

*Sat fat: 0g*

*Chol: 0mg*

*Carb: 21g*

*Protein: 7g*

*Sodium: 178mg*

*Fiber: 4g*

2 (15-ounce) cans garbanzo beans  
(chickpeas), undrained  
2-3 cloves garlic, minced  
1 green onion, cut into pieces  
¼ cup lemon juice  
3 tablespoons tahini (ground sesame  
seeds)  
Dash of ground red pepper

- ❶ Drain beans, reserving 2 tablespoons liquid; set aside.
- ❷ Position knife blade in food processor bowl; top with cover.
- ❸ Drop garlic through food tube with processor running; process 3 seconds or until garlic is minced.
- ❹ Add beans, reserved liquid, green onion, lemon juice, tahini and red pepper.
- ❺ Process until smooth, scraping sides of processor bowl once.
- ❻ Transfer mixture to a serving bowl; cover and chill at least 2 hours.
- ❼ Serve hummus with toasted pita triangles.

Variations:

**Spinach Hummus Spread** - Add ½ of a 10-ounce package of frozen spinach. Cook spinach according to package directions and squeeze dry. Stir into hummus. Serve as a sandwich spread, with crackers or as a dip with fresh vegetables.

**Carrot Hummus Spread** - Add ⅔ cup grated carrots. Stir well.

# STEAK ON-A-STICK

Serves 15

1 pound lean round steak  
15 wooden or metal skewers

**Marinade:**

1 cup tamari or teriyaki sauce OR ½ cup  
of each

¼ cup orange juice

2 cloves garlic, minced

2 tablespoons hot sauce

❶ Mix marinade ingredients; set aside. ❷ Partially freeze steak; trim fat from steak.

❸ Slice steak diagonally across grain into 30 (¼-inch) strips.

❹ Thread 2 steak strips onto 15 (6-inch) skewers.

❺ Arrange skewers in a baking dish.

❻ Pour marinade over steak; cover and chill in refrigerator 4-5 hours, or overnight.

❼ Remove steak from marinade, discard marinade.

Makes 15 skewers

Serving size =  
1 skewer

**Per serving:**

*Calories: 38*

*Fat: 1g*

*Sat fat: 0g*

*Chol: 16mg*

*Carb: 1g*

*Protein: 6g*

*Sodium: 274mg*

*Fiber: 0g*

Broiler Directions:

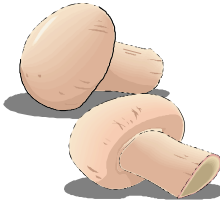
Place skewers on broiler pan lightly coated with nonstick cooking spray. Broil 5½ inches from heat for 3 minutes on each side. Serve warm.

Grill Directions:

Use metal skewers, or if using wooden skewers, soak in water for at least 30 minutes or overnight to prevent burning. Leave in water until ready to use. Cook on grill approximately 5 minutes, turn and cook another 5 minutes; check for doneness.

# STUFFED MUSHROOMS

Serves 10



These mushroom caps are a favorite Italian hot appetizer or first course.

Serving size =  
2 stuffed mushrooms

**Per serving:**

Calories: 58

Fat: 5g

Sat fat: 1g

Chol: 2mg

Carb: 3g

Protein: 2g

Sodium: 185mg

Fiber: 1g

- 1 pound (18 to 20) medium fresh mushrooms
- 2 tablespoons reduced-fat margarine
- 2 tablespoons olive oil
- 1 clove garlic, minced
- 2 tablespoons chopped fresh parsley
- ½ teaspoon salt
- ⅛ teaspoon thyme leaves
- ⅛ teaspoon oregano leaves
- 1 dash pepper
- 1 dash ground nutmeg
- ¼ cup soft bread crumbs (~½ slice wheat bread)
- ¼ cup shredded Parmesan cheese

- ❶ Preheat oven to 400°F.
  - ❷ Carefully remove stems from mushrooms; reserve caps and chop stems finely.
  - ❸ In a medium-size frying pan, heat margarine and oil over medium heat.
  - ❹ When margarine is melted, add chopped mushroom stems and cook. Stir until juices have evaporated and mushrooms are lightly browned.
  - ❺ Mix in garlic, parsley, salt, thyme, oregano, pepper, nutmeg, and crumbs; remove from heat.
  - ❻ Mound equal amounts of cooked mixture into mushroom caps, and sprinkle evenly with Parmesan cheese.
  - ❼ Place caps in a greased shallow baking pan.
  - ❽ Bake, uncovered, in a 400°F oven for 20 to 25 minutes or until cheese is lightly browned.
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# TURKEY MEATBALLS

Serves 17

## **Meatballs:**

1 pound ground turkey breast  
½ cup crushed reduced-fat wheat  
crackers (about 20 crackers)  
¼ cup chopped onion  
¼ teaspoon jarred minced garlic or 1 clove,  
minced  
1 egg white  
1 tablespoon water  
1 tablespoon Worcestershire sauce  
¼ teaspoon salt  
½ teaspoon poultry seasoning

## **Spicy Sauce:**

⅔ cup chile sauce or catsup  
2 tablespoons vinegar  
2 tablespoons brown sugar

Makes 34 meatballs

Serving size =  
2 meatballs coated  
with sauce

## **Per serving:**

Calories: 64  
Fat: 1g  
Sat fat: 0g  
Chol: 16mg  
Carb: 6g  
Protein: 7g  
Sodium: 195mg  
Fiber: 0g

- ❶ In a medium bowl, combine meatball ingredients (ground turkey breast, crushed crackers, onion, garlic, egg white, water, sauce, salt and poultry seasoning).
- ❷ Shape mixture into balls (approximately 1½ tablespoon each).
- ❸ Place meatballs on a broiler pan sprayed with nonstick cooking spray.
- ❹ Bake at 375°F for about 15-20 minutes.
- ❺ Combine sauce ingredients in a small saucepan.
- ❻ Heat sauce in microwave or on stovetop until hot; pour over meatballs.
- ❼ Stick toothpicks in meatballs; serve.

Slimming Strategy - Be realistic about calories. Even foods that are very low in fat can cause weight gain if you eat too much of them. Before you indulge, multiply the number of calories in a serving by the number of servings you're likely to eat.

# VEGGIE PIZZA BITES

Serves 24



"Can be made ahead of time!"

Makes 48 squares

Serving size =  
2 squares

**Per serving:**

Calories: 71

Fat: 2g

Sat fat: 1g

Chol: 4mg

Carb: 9g

Protein: 3g

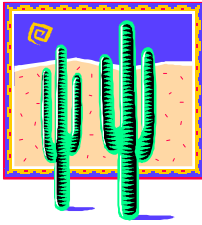
Sodium: 240mg

Fiber: <1g

- 1 (10-ounce) can refrigerated all ready pizza crust
- 1 (8-ounce) package light cream cheese
- 1 (8-ounce) bottle fat-free Ranch dressing
- ¼ cup grated Parmesan cheese
- 1 cup small broccoli florets, uncooked
- 1 cup chopped zucchini, uncooked
- ¾ cup chopped red bell pepper, uncooked
- ½ cup shredded carrot, uncooked
- ½ cup sliced green onions, uncooked

- ➊ Heat oven to 400°F.
  - ➋ Unroll pizza crust dough; press dough on bottom of 15 x 10 x 1-inch pan sprayed with nonstick cooking spray.
  - ➌ Bake for 8 to 11 minutes or until golden brown; cool.
  - ➍ In a small bowl, combine cream cheese, Ranch dressing and Parmesan cheese; mix well.
  - ➎ Spread over cooled crust.
  - ➏ Sprinkle broccoli florets, zucchini, red bell pepper, carrot and green onions evenly over cheese mixture.
  - ➐ Cover; refrigerate 1 to 2 hours or until cold.
  - ➑ Just before serving, cut into 48 squares.
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# QUESADILLAS



Serves 4

**Nutri-Tip:**  
To reduce the sodium in this recipe, make your own salsa - (see recipe in box below)

Serving size =  
3 wedges

**Per serving:**  
*Calories: 200*  
*Fat: 6g*  
*Sat fat: 2g*  
*Chol: 8mg*  
*Carb: 25g*  
*Protein: 9g*  
*Sodium: 377mg*  
*Fiber: 2g*

- 4 (8-inch) flour tortillas
- ½ cup salsa (mild, medium or hot)
- ½ cup reduced-fat cheddar cheese, shredded
- ¼ cup chopped onion
- ¼ cup sliced fresh mushrooms
- ¼ cup fat-free sour cream

- ❶ Preheat oven to 350°F.
- ❷ Place 2 tortillas on cookie sheet sprayed with nonstick cooking spray. Lightly coat each tortilla with 1 tablespoon salsa.
- ❸ Sprinkle each tortilla with 2 tablespoons chopped onion and 2 tablespoons sliced mushrooms.
- ❹ Sprinkle ¼ cup cheese on top of each tortilla, then top each with another tortilla.
- ❺ Brush top of tortilla lightly with water using pastry brush.
- ❻ Bake at 350°F for about 10 minutes or until cheese is melted.
- ❼ Remove from oven, and cut each into 6 wedges.
- ❽ Serve with fat-free sour cream.

Santa Fe Salsa: Stir together 1 cup finely chopped seeded tomato, ½ cup finely chopped red onion, ⅛ teaspoon salt, 1 (4-ounce) can chopped green chiles, drained, and 1 large clove garlic, minced. Makes 1 cup.  
Per tablespoon: 4 cal; 0g fat; 16mg sodium

Nutri-Note: This fresh salsa provides a healthful helping of infection-fighting vitamin C.