



Dinner Tonight!

Hot N' Spicy Corn Dip

1 cup frozen corn, thawed and well drained
1/2 package fat-free cream cheese
1 small tomato, chopped
1/4 cup reduced fat cheddar cheese, shredded
1/2 tablespoon pickled jalapeno peppers, finely chopped
1/8 teaspoon garlic powder

Wash your hands and clean your cooking area. Combine all ingredients in blender and blend well. Pour into glass bowl and serve immediately.

Preparation Time: 15 minutes

Serves: 10

Nutrition Facts Per Serving:

Calories: 30

Total Fat: 1 g

Cholesterol: 0 mg

Sodium: 70 mg

Total Carbohydrate: 4 g

Protein: 2 g

Serve with: baked whole wheat tortilla chips