

HEALTHIER HOLIDAY RECIPES



SPINACH-ROASTED RED PEPPER DIP

SERVING SIZE: 1 TABLESPOON, SERVINGS PER RECIPE: 36

- ◆ *½ cup shredded part-skim mozzarella cheese*
 - ◆ *½ cup plain low-fat or fat-free yogurt*
 - ◆ *½ cup light mayonnaise dressing or salad dressing*
 - ◆ *¼ cup grated Parmesan cheese*
 - ◆ *1 tablespoon all-purpose flour*
 - ◆ *1 teaspoon Dijon-style mustard*
 - ◆ *1 cup loosely packed fresh spinach leaves, coarsely chopped*
 - ◆ *¾ cup bottled roasted red sweet peppers, drained and chopped*
 - ◆ *¼ cup thinly sliced green onions*
 - ◆ *3 red and/or yellow sweet peppers, seeded and cut into strips, or desired dippers*
1. Preheat oven to 350°F. In a large bowl, stir together mozzarella cheese, yogurt, mayonnaise dressing, 2 tablespoons of the Parmesan cheese, the flour, and the Dijon mustard.
 2. Stir in the spinach, roasted red peppers, and 2 tablespoons of the green onions. Spread the cheese vegetable mixture evenly into a 1-quart ovenproof shallow dish or a 9-inch pie plate. Sprinkle with the remaining 2 tablespoons grated Parmesan cheese.
 3. Bake the dip, uncovered, for 15 to 20 minutes or until the edges are bubbly and the mixture is heated through. Sprinkle with the remaining 2 tablespoons green onions. Serve with red and/or yellow sweet pepper strips. Makes 2¼ cups.

NUTRITION FACTS PER SERVING: Calories: 21, Total Fat: 2 g (0 g sat. fat), Cholesterol: 3 mg, Sodium: 47 mg, Carbohydrates: 1 g, Fiber: 0 g, Protein: 1 g.

Used with permission from Diabetic Living® magazine. ©2007 Meredith Corporation. All rights reserved. For more diabetes-friendly recipes, visit www.diabeticlivingonline.com.