

Spinach Dip

24 Servings

Ingredients

- 1 lb. (16 oz.) light reduced fat pasteurized prepared cheese product
- 1 (14 ½ oz.) can tomatoes
- 1 (10 oz.) pkg. frozen chopped spinach, thawed, drained
- ¼ tsp. crushed red pepper flakes

Mix prepared cheese product and tomatoes in 1-quart microwavable bowl. Microwave on HIGH 5 minutes or until prepared cheese product is completely melted, stirring after 2 minutes.

Add remaining ingredients; mix well. Microwave on HIGH 2 minutes or until thoroughly heated.

Serve with assorted cut up vegetables.

Per serving: 45 calories, 2 g total fat (1.5 g saturated fat), 3 g carbohydrates, 4 g protein, 0 g dietary fiber, 330 mg sodium.