

Cream Cheese Vegetable Dip

(Makes ten 1 ¼ cups servings)

Why pick up a prepared dip for your New Year's party crudité's when you can whip up this great tasting and healthy version in no time flat?

Ingredients:

- 4 ounces low-fat cream cheese
- 4 ounces fat-free cream cheese
- ¼ cup soft silken tofu
- 1 garlic clove, chopped
- Freshly ground pepper
- ¼ cup chopped fresh chives
- 1 tablespoon minced English cucumber
- 1 tablespoon minced red bell pepper
- 1 tablespoon grated carrot

Directions:

- 1) Place the cream cheese, tofu, garlic and pepper in a food processor and pulse until combined.
- 2) Add the chives, cucumber, bell pepper and carrot and pulse for a few seconds until just combined.

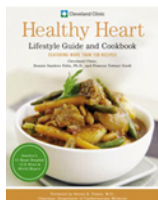
Nutritional Analysis: (per serving / 2 tablespoons)

- Calories: 62 (45% calories from fat)
- Total Fat: 3 g
- Saturated Fat: 2 g
- Protein: 4.5 g
- Carbohydrates: 3 g
- Dietary Fiber: 0 g
- Cholesterol: 10 mg
- Sodium: 137 mg
- Potassium: 82 mg

Dietician's Note:

A mixture of nonfat and low-fat cream cheese cuts the saturated fat but doesn't cut back on taste.

Source:



This heart-healthy recipe and more than 150 others are available from the nation's #1 heart center in the "Cleveland Clinic Healthy Heart Lifestyle Guide and Cookbook" (© 2007 Broadway Books).

The cookbook is available in bookstores or online from Randomhouse.com, BN.com or Amazon.com.