



Cooking in the Kitchen at Olums

Molly Morgan RD, CDN, CSSD
*Cooking Delicious Recipes
that are Easy & Nutritious!*
Olums.com

Spicy Popper Dip

Serves 10

Ingredients:

- 2 packages (8 ounces each) light cream cheese, softened
- 1 cup plain Greek yogurt
- 1 cup shredded cheddar cheese
- 1/2 cup shredded Parmesan cheese, divided
- 1 can (4 ounces) diced jalapeno peppers*
- 1 can (4 ounces) chopped green chilies
- 1/2 cup crumbled multigrain tortilla chips

**For a less spicy version, skip the jalapeno peppers in the dip and serve in a small bowl on the side*

This version of the recipe cuts the fat by 14 grams per serving and by more than 100 calories – plus boosts the protein to 10 grams of protein per serving

Directions:

1. In a large bowl, combine the cream cheese, Greek yogurt, cheddar, chilies, jalapeno peppers and 1/4 cup Parmesan until blended. Spoon into an ungreased 1-1/2-qt. baking dish.
2. In a small bowl, combine the tortilla crumbs and remaining Parmesan. Sprinkle over cheese mixture. Bake, uncovered, at 350° F for 20 minutes, or until golden brown.

Serving suggestion: Serve with a mix of multigrain tortilla chips and sliced veggies (e.g. carrots and celery)

Nutrition Facts (per serving of the dip): 170 calories, 10 grams fat, 6 grams saturated, 0 grams trans fat, 30 milligrams cholesterol, 250 milligrams sodium, 10 grams carbohydrates, 1 gram fiber, 3 grams sugar, 10 grams protein