

Very Veggie Dip

What You'll Need

- 1 8-ounce package light cream cheese, softened
- 1/4 cup fat-free sour cream
- 1/4 teaspoon garlic powder
- 2 tablespoons grated parmesan cheese
- 1/4 cup chives, finely chopped
- 1/4 cup red peppers, diced
- 1 tablespoon Worcestershire sauce

Let's Cook!

- 1 Combine cream cheese, sour cream, garlic powder and parmesan.
- 2 Add chives, peppers and Worcestershire sauce. Mix thoroughly.
- 3 Cover and chill in refrigerator.
- 4 Serve with carrots, celery or any of your favorite vegetables.

Nutrition Facts

Serving Size (60g)	
Servings Per Container	
Amount Per Serving	
Calories 110	Calories from Fat 60
% Daily Value*	
Total Fat 7g	11%
Saturated Fat 4.5g	23%
Trans Fat 0g	
Cholesterol 20mg	7%
Sodium 260mg	11%
Total Carbohydrate 5g	2%
Dietary Fiber 0g	0%
Sugars 3g	
Protein 5g	
Vitamin A 15%	Vitamin C 15%
Calcium 10%	Iron 2%

Getting More Fruits and Vegetables

Fruits and vegetables have vitamins, fiber and other nutrients that are good for your health. Eating all your servings of fruits and vegetables isn't as hard as you may think. Prepare and taste recipes that have fruits and vegetables in the ingredient list. Try some of the ideas below to help you on your way!

- » Add some color to your pizza with spinach, mushrooms, onions, broccoli, peppers, olives or any other vegetables you like.
- » Top your cereal or oatmeal with slices of fruit, like bananas, apples or peaches.
- » Have a grapefruit or orange with your breakfast.
- » Put some grapes in the freezer — they taste just like popsicles.
- » Omelets taste great with vegetables; try adding onions, tomatoes, olives, green or red peppers, corn or spinach.
- » Add peaches, bananas or berries to low fat yogurt, or for some crunch, add low-fat granola.
- » Dip raw vegetables into salsa or hummus.
- » Eat fruits and vegetables as snacks — wash fruits and vegetables when you get home from the store so they're ready to eat when you're hungry.
- » Make vegetables a part of every meal!

