



## Jalapeño Popper Dip



1/16th of recipe (about 1/4 cup): 75 calories, 4.5g total fat (2.5g sat fat), 222mg sodium, 4g carbs, 0.5g fiber, 2g sugars, 5.5g protein

**Green Plan [SmartPoints](#)® value 3\***

**Blue Plan (Freestyle™) [SmartPoints](#)® value 2\***

**Purple Plan [SmartPoints](#)® value 2\***

**Prep:** 10 minutes    **Cook:** 30 minutes



More: [Recipes for Sides, Starters & Snacks](#), [Four or More Servings](#)

## Ingredients

### Dip

4 cups roughly chopped cauliflower  
1 cup fat-free plain Greek yogurt  
1 cup light/reduced-fat cream cheese  
1/2 cup shredded part-skim mozzarella cheese  
3 tbsp. grated Parmesan cheese  
1 tbsp. chopped garlic  
3/4 tsp. onion powder  
1/4 tsp. salt  
1/8 tsp. black pepper  
One 4-oz. can diced jalapeños, drained

### Topping

2 tbsp. whole-wheat panko breadcrumbs  
2 tbsp. grated Parmesan cheese

## Directions

Preheat oven to 375 degrees. Spray an 8" X 8" baking dish with nonstick spray.

Place cauliflower in a large microwave-safe bowl. Add 1/4 cup water. Cover and microwave for 6 minutes, or until soft.

Drain excess liquid, and transfer to a blender or food processor. Add yogurt, cream cheese, mozzarella, Parm, garlic, and seasonings. Blend until smooth and uniform.

Stir in jalapeños, and spread into the baking dish. Sprinkle with topping ingredients.

Bake until dip is bubbling and topping has browned, about 20 minutes. Serve immediately, or cool and refrigerate for later. (It tastes great chilled!)

**MAKES 16 SERVINGS**

[SmartPoints](#)® value\* not what you expected? We follow the same method as Weight Watchers when calculating recipe values: We add up the [SmartPoints](#)® values\* of the individual ingredients using the Recipe Builder. (Many foods have a value of zero and remain zero in recipes.)

\*The [SmartPoints](#)® values for these recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by Weight Watchers International, Inc., the owner of the [SmartPoints](#)® trademark.