



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

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



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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

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