

Appetizers

Blue Cheese Almond Dip

Tifton Gazette

Servings: 6

Preparation Time: 5 minutes

Cook Time: 5 minutes

Per serving: 257 calories

10 grams protein, 4 grams carbohydrates, no fiber, 23 grams fat, 42 milligrams cholesterol, 394 grams sodium.

1/2 cup slivered almonds

4 ounces blue cheese, crumbled

1/2 cup cheddar cheese, grated

1 cup (8 oz) sour cream

1 teaspoon paprika

1 teaspoon soy sauce

Place almonds in an ungreased, nonstick frying pan and toast over low heat, stirring constantly, until lightly brown. Remove from heat and let cool.

In a medium bowl, stir together blue cheese, cheddar cheese, sour cream and paprika. Season with soy sauce.

Stir in cooled almonds.

Serving Ideas: Serve with celery sticks, carrot sticks and cabbage leaves or spread on pita bread.

Per Serving (excluding unknown items): 259 Calories; 23g Fat (77.6% calories from fat); 10g Protein; 5g Carbohydrate; 1g Dietary Fiber; 41mg Cholesterol; 401mg Sodium. Exchanges: 0 Grain(Starch); 1 Lean Meat; 0 Vegetable; 0 Non-Fat Milk; 4 Fat.