

Appetizers

Creamy Cucumber Dip

Susan McEwen McIntosh

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2 medium cucumbers, peeled and grated

1 small onion, grated

1 package (8 ounce) Neufchatel cheese, softened

2 tablespoons reduced-calorie mayonnaise

1/2 teaspoon seasoned salt

1/4 teaspoon garlic powder

1/4 teaspoon garlic salt

1/4 teaspoon lemon juice

Place the cucumber and onion on paper towels. Squeeze until barely moist.

In a bowl, beat the Neufchatel cheese until smooth.

Stir in the cucumbers, onion, mayonnaise, seasoned salt, garlic powder, garlic salt and lemon juice.

Chill.

Serve with fresh vegetables.

Yield: 2 cups

Per Serving (excluding unknown items): 500 Calories; 36g Fat (61.9% calories from fat); 17g Protein; 33g Carbohydrate; 7g Dietary Fiber; 96mg Cholesterol; 1806mg Sodium. Exchanges: 0 Grain(Starch); 1 1/2 Lean Meat; 5 1/2 Vegetable; 0 Fruit; 5 Fat; 0 Other Carbohydrates.