

## **Appetizers**

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# **Creamy Egg Dip**

Susan McEwen McIntosh

"Southern Living" Cooking Light - 1983

**1 package (8 ounce) Neufchatel cheese, softened**

**3 tablespoons skim milk**

**3 hard-cooked eggs, finely chopped**

**2 tablespoons reduced-calorie mayonnaise**

**2 tablespoons chives, chopped**

**1 teaspoon prepared mustard**

**1/8 teaspoon pepper**

In a small mixing bowl, combine the cheese and milk. Beat until creamy.

Add the eggs, mayonnaise, chives, mustard and pepper. Mix well.

Serve with fresh vegetables.

Yield: 2 cups

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Per Serving (excluding unknown items): 629 Calories; 51g Fat (73.1% calories from fat); 32g Protein; 10g Carbohydrate; trace Dietary Fiber; 733mg Cholesterol; 867mg Sodium. Exchanges: 0 Grain(Starch); 4 1/2 Lean Meat; 0 Vegetable; 0 Non-Fat Milk; 6 1/2 Fat; 0 Other Carbohydrates.