

**Appetizer**

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## **Jalapeno Corn Dip**

Breakstone Sour Cream

**Preparation Time: 5 minutes**

**Start to Finish Time: 30 minutes**

**1 package (10 oz) frozen corn**

**1 cup Mexican style four cheese mix, shredded**

**1 cup Parmesan cheese, grated**

**1 cup Breakstone's Zesty Blends Jalapeno sour cream**

Preheat oven to 350 degrees.

In a bowl, combine all ingredients.

Spoon mixture into a 9-inch pie plate.

bake 20 to 25 minutes or until dip is heated through and top is lightly browned.

Yield: 40 tablespoons

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Per Serving (excluding unknown items): 437 Calories; 25g Fat (50.0% calories from fat); 36g Protein; 20g Carbohydrate; 2g Dietary Fiber; 63mg Cholesterol; 1492mg Sodium. Exchanges: 1 Grain(Starch); 4 1/2 Lean Meat; 2 Fat.