

Warm Broccoli-Cheese Dip

Integrated Marketing Services - Apopka, FL

Servings: 20

Preparation Time: 15 minutes

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1 cup fresh broccoli florets, finely chopped
2 tablespoons onion, finely chopped
2 tablespoons red bell pepper, finely chopped
1/4 cup (1 oz) Parmesan cheese, grated and divided
1 clove garlic, pressed
1 cup (4 oz) Double Gloucester cheese, grated
1/2 cup light sour cream
1/2 cup light mayonnaise
pinch black pepper
tortilla chips, pita chips or crackers (optional)

Preheat the oven to 375 degrees.

In a medium bowl, combine the broccoli, onion and bell pepper.

Add half of the Parmesan plus the garlic. Stir to combine.

Add the Double Gloucester cheese, sour cream, mayonnaise and pepper. Mix well.

Spoon into a small baking dish.

Bake 20 to 25 minutes or until heated through.

Remove from the oven and sprinkle the remaining Parmesan over the top.

Serve warm.

If desired, serve with tortilla chips, pita chips or crackers.

Per Serving (excluding unknown items): 18 Calories; 1g Fat (61.0% calories from fat); trace Protein; 2g Carbohydrate; trace Dietary Fiber; 3mg Cholesterol; 33mg Sodium. Exchanges: 0 Lean Meat; 0 Vegetable; 0 Fat; 0 Other Carbohydrates.