

Cream Cheese-Veggie Spread

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Start to Finish Time: 10 minutes

1/2 red onion

1 carrot, peeled and cut into pieces

1 cup loosely packed baby spinach

1 package (8 oz) neufchatel cheese, at room temperature

2 tablespoons mayonnaise

salt and pepper

Using a food processor, finely chop the onion. Transfer to a bowl.

Repeat with the carrot, then the spinach.

Stir the cheese into the vegetables.

Mix in the mayonnaise and season.

Yield: 1 1/4 cups

Per Serving (excluding unknown items): 553 Calories; 50g Fat (78.6% calories from fat); 13g Protein; 18g Carbohydrate; 4g Dietary Fiber; 96mg Cholesterol; 637mg Sodium. Exchanges: 1 1/2 Lean Meat; 2 1/2 Vegetable; 5 1/2 Fat.