

Spicy Queso Dip

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Preparation Time: 20 minutes

Start to Finish Time: 20 minutes

For a milder dip, prepare with regular pasteurized cheese product.

1 small onion, diced

1 tablespoon oil

1 clove garlic, minced

1 package (16 oz) pepper jack pasteurized prepared cheese product (Velveeta Pepper Jack), cubed

1 can (10 oz) diced tomatoes and green chiles

2 tablespoons fresh cilantro, chopped

tortilla chips

In a large nonstick skillet over medium-high heat, cook the onion in hot oil for 8 minutes or until tender.

Add the garlic and cook for 1 minute. Remove from heat.

Combine the cheese, tomatoes and onion mixture in a large microwave-safe glass bowl.

Microwave on HIGH for 5 minutes, stirring after 2 1/2 minutes.

Stir in the cilantro.

Serve with tortilla chips.

Yield: 3 cups

Per Serving (excluding unknown items): 167 Calories; 14g Fat (72.0% calories from fat); 2g Protein; 11g Carbohydrate; 2g Dietary Fiber; 0mg Cholesterol; 5mg Sodium. Exchanges: 2 Vegetable; 2 1/2 Fat.