

# Heart Healthy Recipes

## from Gwinnett Medical Center



### Family Favorite Taco Dip

- 2 pkg fat free cream cheese
- 2 Tbsp reduced sodium taco seasoning
- 1 Tbsp fat free milk
- 1 cup (4 oz) shredded cheddar cheese
- 1 medium tomato, diced
- 1/4 cup sliced ripe olives, drained
- 1/4 cup pickled jalapeno pepper
- Baked tortilla chips

#### Preparation:

In a small bowl, beat the cream cheese, taco seasoning and milk until well blended. Spread mixture into a 9 inch pie plate. Sprinkle with cheese, tomato, olives and jalapenos. Serve with chips.

**1/4 cup (without chips): 81 calories, 4g fat, 5 g carb, 8g protein**