



Fast 'n' Fabulous

Chili Dip

- 1 pint of chili (canned or scratch)
- 1/2 pound cheddar cheese, cubed
- 1 jalapeno, minced
- 1 green onion, minced

Fresh Garnish Ideas

- Onion
- Avocado
- Shredded cheeses
- Red Kidney beans



In a large, microwavable bowl, combine all ingredients then heat, stirring every few minutes, until completely heated and mixed through.

Serve immediately with tortilla chips or pita crisps

Approximate servings per recipe: 8. Per serving; Calories 86; Fat 6g; Sodium 419 mg; Carbohydrates 3g; Fiber 2g; Sugar 2g; Protein 5g.

TO ADD EVEN MORE SPICE:

Try sprinkling in some extra
Cumin powder, Cayenne powder or
even a bit more Mexican or Texas Chili powders