

Spinach Artichoke Dip

2 cups Parmesan Cheese
1 box Frozen Spinach
1 (14 oz can) Artichoke Hearts, drained and chopped
2/3 cup Fat Free Sour Cream
1 cup Fat Free Cream Cheese
1/3 cup Fat Free Mayonnaise
2 teaspoons Minced Garlic
To taste Salt

Mix together parmesan cheese, spinach and artichoke hearts.
Combine remaining ingredients and mix with spinach mixture.
Bake at 375° F for 20-30 minutes.
Serve with crackers or toasted bread.

Creamy Fruit Dip

1 cup strawberries
1 cup low-fat cottage cheese
1 large ripe banana, cut into large pieces
2 Tbsp Splenda

Puree strawberries in blender. Add remaining ingredients, continuing to process until well blended. Chill before serving.

Bean Dip

½ cup chopped onion
1 clove minced garlic
1 tsp canola oil
1 (15 oz) can red kidney beans, undrained and mashed
1 (4 oz) can chopped green chilies, undrained
¼ cup shredded reduced fat cheddar cheese, divided

Saute onion and garlic in oil 1 minute or until tender. Add mashed beans and cook over medium heat stirring constantly—10 minutes or until mixture thickens. Add chiles and 2 tablespoons cheese; stir until cheese melts. Transfer mixture to blender. Cover and process 1 minute until smooth. Spoon mixture into serving dish, sprinkle with remaining shredded cheese. Serve with baked tortilla chips.

Pineapple Orange Fruit Salsa

- 2 large oranges, peeled, sectioned and finely chopped (about 1 cup)
- 1 cup finely chopped fresh or canned pineapple
- ¼ cup finely chopped red onion
- 2 Tbsp lime juice
- 1 Tbsp chopped cilantro
- 1 small jalapeno, seeded and finely chopped

In bowl, mix all ingredients. Cover; chill until serving time. Serve as dip with crackers.

Strawberry Kiwi Toppers

- 3 kiwi fruit, peeled
- 3 ounces fat-free strawberry flavored cream cheese
- 24 crackers

Cut each kiwi into slices; cut each slice in half; set aside.
Spread cream cheese onto cracker, immediately top with 2 kiwi slice halves.

Raspberry Cheese Tarts

- 1 ¼ cup graham cracker crumbs
- ¼ cup Splenda
- 5 Tbsp tub margarine

- 1 cup fresh or frozen raspberries
- 4 ounces reduced-fat cream cheese, softened
- ½ cup plain fat-free yogurt
- 1 cup Splenda
- ½ cup egg substitute (or 4 egg whites)

1. Preheat oven to 350°F. Line 10 muffin cups with baking cups.
2. Combine first 3 ingredients, stirring until blended.
3. Press 1 tablespoon of mixture into each muffin cup. Place 4 to 5 raspberries on top of crust in each muffin cup. Set aside.
4. Beat cream cheese until creamy. Add yogurt and beat until smooth. Add Splenda and egg; beat until blended. Divide mixture evenly over raspberry topped crusts.
5. Bake 15-20 minutes or until firm to touch. Cool in muffin tins on a wire rack. Chill 2 hours before serving