



Hot & Spicy Corn Dip

Prep Time: 5 minutes

Cost per serving: \$0.17

What you need:

Utensils:

- Cutting board
- Knife
- Blender
- Measuring cups & spoons

Ingredients:

- 1 small chopped tomato
- ½ tablespoon finely chopped pickled jalapeno peppers
- 1 cup frozen corn, thawed, well drained
- ½ package (4 ounces) fat free cream cheese
- ¼ cup reduced fat shredded cheese
- ⅛ teaspoon garlic powder

What to do:

- Wash hands and cooking area.
- Wash tomato under cool running water with a vegetable brush or hand.
- Chop tomato and jalapeno peppers.
- Combine all ingredients in blender and blend well.
- Serve with assorted vegetables, baked tortilla chips or on top of grilled chicken breast.



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Nutrition Facts	
Serving Size 1/4 cup	
Servings Per Container 10	
Amount Per Serving	
Calories 35	Calories from Fat 10
%	
Total Fat 1g	
Saturated Fat 0g	
Trans Fat 0g	
Cholesterol 5mg	
Sodium 115mg	
Total Carbohydrate 4g	
Dietary Fiber 0g	
Sugars 1g	
Protein 3g	
Vitamin A 2%	
Vitamin C 4%	
Calcium 8%	
Iron 0%	