

CLEAN QUESO DIP

Macros: Makes 5 servings. Macros per serving: 180 cals 12 P 7 C 12 F 1 Fiber.

INGREDIENTS

- 1 cup Monterey Jack Cheese
- 8 tbl $\frac{1}{3}$ fat cream cheese
- $\frac{1}{2}$ cup non fat plain greek yogurt
- 10 oz can Rotel Diced Tomatoes & Green Chilies, drained
- $\frac{1}{2}$ tsp garlic powder
- $\frac{1}{2}$ tsp onion powder
- $\frac{1}{2}$ tsp chili powder
- $\frac{1}{2}$ cup 1% cottage cheese

METHOD

1. Add all ingredients to a small to medium sized pot and add to LOW heat on the stove. Allow to heat evenly, stirring often, until all ingredients have melted together.
2. Enjoy as a dip with chips, sliced peppers or crackers.
3. **To up the protein, simply mix in some shredded chicken or lean ground beef