

Isley's Dip

Inez Isley
United States
Serves: 4-6 people
Yield: 2 cups
Time: 15 minutes

Ingredients

12 ounces of light or fat-free cream cheese,
softened
1 bunch of scallions, finely chopped
4 ounces of deli ham, finely chopped
(optional)
4 carrots, sliced into sticks

Directions

- ✦ Mix ingredients together and place in refrigerator until chilled.
- ✦ Serve with carrot sticks and/or other vegetable sticks zucchini, cucumber, celery and jicama.

Did You Know?

Cream cheese is very high in sodium, saturated fat and cholesterol which can increase your risk for heart disease. Fat-free and low-fat cream cheese also contain a lot of sodium, so serving this dip with a variety of vegetables instead of salted crackers or chips will make this snack even healthier.

