Chipotle Pepper Dip

INGREDIENTS:

- 2 (8-ounce) containers low-fat plain yogurt (not vanilla)
- ½ c. thick and chunky salsa
- 2 Tbsp. cilantro chopped (can substitute 1 to 2 tsp. dried cilantro)
- ¼ c. Cheddar cheese, shredded
- 1 tsp. chipotle pepper sauce (or other hot sauce)
- Assorted cut vegetables and whole-grain chips or crackers

DIRECTIONS:

Combine all ingredients except the cheese in medium bowl; mix until blended and refrigerate. Sprinkle shredded cheese on top before serving. Serve with assorted cut vegetables such as bell peppers, carrots and broccoli.

NUTRITION:

Makes five servings. Each serving has 100 calories, 3 grams (g) fat, 7 g protein, 11 g carbohydrate, 1 g fiber and 400 milligrams sodium.