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Hot and Smoky Chipotle-Garlic Dip

Serves 8 — 2 T per serving

Serve this spicy mixture on cucumber rounds or baked tortillas, or thin it with 2 to 3 T of fat-free milk and use it as a vegetable dip. It's especially good with carrots, celery, cauliflower, cherry tomatoes, broccoli, and yellow summer squash.

2/3 c	nonfat or light sour cream
3 T	low-fat or fat-free cholesterol-free mayonnaise dressing
2 T	fresh lemon juice
1	chipotle pepper, canned in adobo sauce
1	med clove garlic, minced or 1 t bottled minced garlic
1/8 t	salt
	Fresh cilantro sprigs (optional)

In a food processor or blender, process all ingredients except cilantro until smooth. Transfer to a serving bowl and garnish with cilantro.

Nutrient Facts *Based on eight servings.*

Calories	36 calories
Protein	1 g
Carbohydrates	6 gm
Cholesterol	2 mg
Total Fat	0 gm
Saturated Fat	0 gm
Polyunsaturated Fat	0 gm
Monounsaturated	0 gm
Fat	
Fiber	0 gm
Sodium	129 mg
Potassium	53 gm
Calcium	28 mg

American Heart Association, Low-Salt Cookbook, 2d ed., Clarkson Potter, NY, 2001.