

LAUGHING COW CHEESE DIPS

Makes a great SNACK!

2 wedges Laughing Cow Light Creamy Swiss cheese

½ cup Salsa

110 calories, 3g fat, 10g carbohydrates, 4g protein

OR

2 wedges Laughing Cow Light Creamy Swiss cheese

2 teaspoons Ranch seasoning (dry mix)

90 calories, 3g fat, 6g carbohydrates, 4g protein

OR

2 wedges Laughing Cow Light Creamy Swiss cheese

1 tablespoon Hormel Turkey Bacon bits

90 calories, 5g fat, 6g carbohydrates, 6g protein

Mix well and eat with your choice of free foods listed below.

<u>FREE FOODS</u>
Romaine Lettuce
Collard Greens
Mustard Greens
Celery
Turnip Greens
Bok choy
Cucumbers
Radishes
Brussel Sprouts
Tomato
Asparagus
Mushroom
Spinach
Alfalfa Sprouts
Rhubarb
Sauerkraut
Zucchini
Bamboo Shoots
Eggplant
Cabbage
Cauliflower
Okra