Dinner Tonight!

Italian Cream Cheese Spread

Contents of 1 roasted large head of garlic
1–8 ounce package of cream cheese (I use 1/3 less fat)
1/4 cup fresh Parmesan cheese, shredded
1 Tablespoon olive oil
1/4 cup toasted walnuts (optional)
1/4 cup artichoke hearts, chopped
3 or 4 basil leaves, chopped
Reduced Fat Wheat Thins or other baked cracker

Mix cream cheese, roasted garlic, parmesan cheese, walnuts or artichoke hearts, and basil leaves. Blend thoroughly. Add a few drops of olive oil to make more creamy, if needed. Cover and refrigerate until chilled. Serve as a dip with crackers.

Preparation Time:  5 minutes
Cook Time:  0 minutes
Serves:  32

Nutrition facts per serving:
Calories:  45
Total Fat:  4 g
Cholesterol:  10 mg
Sodium:  75 mg
Total Carbohydrate:  1 g
Protein:  2 g

Other serving suggestions: Use as a spread on celery, cucumber slices, soy crisps, crackers, toasted garlic bread, or crusty bread. For a party, fill sandwich bags with cream cheese mixture, snip one corner to form a piping bag and fill hollowed out cherry tomatoes.