

Ricotta Herb Spread

Ingredients:

1 cup	Light ricotta cheese
½ cup	Nonfat plain greek yogurt
1 tbsp	Honey Dijon mustard
1 tsp	Freshly squeezed lemon juice
1/8 tsp	Salt
¼ tsp	Freshly ground black pepper
2 tbsp	Finely chopped fresh parsley
2 tbsp	Chopped fresh basil or dill
2 tbsp	Finely chopped fresh chives or minced green onions

Directions:

1. In a bowl, stir together ricotta, yogurt, mustard, lemon juice, salt and pepper. Stir in parsley, basil and chives. Cover and refrigerate for 2 hours, until chilled, before serving.

Nutrition Tip:

With 7 grams of protein in a serving, this low fat-spread packs a nutritional punch. Use it instead of sliced meats in sandwiches or on whole-grain toasted pita bread.

Calories: 64	Fiber: 0 g	Fat: 2 g	Cholesterol: 6 mg
Carbohydrate: 3 g	Protein: 7 g	Saturated fat: 1 g	Sodium: 144 mg