



## **Spring Spread**

4 servings

- 4 ounces reduced-fat cream cheese, softened
- 1 Tablespoon fresh dill, gently rubbed under cold running water, chopped
- 1 teaspoon lemon juice or apple cider vinegar
- <sup>1</sup>/<sub>2</sub> cup carrots, scrubbed with clean vegetable brush under running water, grated
- <sup>1</sup>/<sub>2</sub> cup red pepper, scrubbed with clean vegetable brush under running water, diced
- <sup>1</sup>/<sub>4</sub> cup green onion, gently rubbed under cold running water, chopped
- Salt and pepper, to taste
- 1. Wash hands with soap and water.
- 2. In a medium bowl, combine cream cheese, dill and lemon juice. Stir well.
- 3. Add carrots, red pepper, and green onions and stir until combined. Season with salt and pepper, if desired.
- 4. Serve on whole wheat toast or crackers.
- 5. Store leftovers in a sealed container in the refrigerator for up to four days.

*Nutrition Information per Serving (¼ of recipe):* Calories 70, Total Fat 5g, Saturated Fat 3g, Cholesterol 15mg, Sodium 100mg, Total Carbohydrate 4g, Dietary Fiber 1g, Sugars 2g, includes 0g Added Sugars, Protein 2g, Vitamin D 0%, Calcium 4%, Iron 2%, Potassium 2%.

Recipe Source: Eat Fresh

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