

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
- ½ cup carrots, scrubbed with clean vegetable brush under running water, grated
- ½ cup red pepper, scrubbed with clean vegetable brush under running water, diced
- ¼ 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