Cheese Dip
You may use Parmesan, Romano or Asiago cheese if desired.

Makes 2 cups (32 servings)

"1 cup light mayonnaise
"1/2 cup thinly sliced green onions
"1/3 cup grated Romano, Parmesan or Asiago cheese
"1/4 cup sliced mushrooms
"1/4 cup sun-dried tomato bits (cut in small pieces if not purchased that way)
"1 - 8 ounce container low-fat sour cream
"1 tablespoon grated Romano, Parmesan or Asiago cheese

Preheat oven to 350 degrees.

Combine first 6 ingredients in a bowl; spoon into a 1-quart casserole. Sprinkle with 1 tablespoon cheese. Bake at 350 degrees for 30 minutes or until bubbly. Serve with toasted bread for sandwiches, crackers or crostini.

Nutritional Information:
Per Serving:
28 Calories;
2g Fat (56.1% calories from fat);
trace Saturated Fat;
1g Protein;
2g Carbohydrate; trace Dietary Fiber;
3mg Cholesterol;
93mg Sodium..