

# 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..