

Appetizers

Savory Shrimp Dip

Family Circle

1/2 pound chopped, cooked shrimp
1 pkg (8 oz) reduced-fat cream cheese, softened
1/2 cup roasted red peppers, chopped
2 scallions, chopped
1/8 teaspoon salt
1/8 teaspoon pepper

Mix thoroughly all ingredients.

Serving Ideas: Serve with crudites and crackers.

Per Serving (excluding unknown items): 89 Calories; 5g Fat (49.9% calories from fat); 4g Protein; 8g Carbohydrate; 2g Dietary Fiber; 16mg Cholesterol; 379mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Lean Meat; 1 Vegetable; 1/2 Fat; 1/2 Other Carbohydrates.