

Dips

Smoky Chipotle Orange Dip

1/2 cup fat-free sour cream

1/2 cup fat-free mayonnaise

1/2 cup Smucker's Sugar Free Orange Marmalade

1 tablespoon orange juice concentrate

3/4 teaspoon cumin

1 to 3 teaspoons adobo sauce (from can of chipotles in adobo sauce)

Combine all ingredients in small bowl

Cover and refrigerate several hours to blend flavors

Serve with assorted fresh vegetables, corn chips or tortilla chips

Yield: 1 1/2 cups

Per Serving (excluding unknown items): 82 Calories; trace Fat (3.3% calories from fat); 9g Protein; 13g Carbohydrate; trace Dietary Fiber; 13mg Cholesterol; 88mg Sodium. Exchanges: 0 Grain(Starch); 1 1/2 Lean Meat; 0 Fat; 2 Other Carbohydrates.