BRUSSELS SPROUTS DIP

INGREDIENTS:

- 10 oz fresh sliced Brussels sprouts (about 3 cups)
- 2 green onions, finely chopped
- 1 1/2 tbsp olive oil
- 8 oz part-skim mozzarella cheese, shredded
- 2 oz fresh Parmesan cheese, shredded
- 1 cup light mayo
- 1/2 cup 2% plain low-fat Greek yogurt
- 2 garlic cloves, minced
- 1-2 tbsp fresh lemon juice
- 1/8 tsp each sea salt & ground black pepper
- Pita chips and fresh veggies



NUTRITION PER SERVING:

- Serving Size: 3 tbsp
- Calories 110
- Fat 9g
- Sat fat 3g
- Chol 15mg
- Sodium 230mg
- Carbs 3g
- Fiber 0g
- Sugar 1g
- Protein 5g

DIRECTIONS:

- Add Brussels sprouts, onions, and oil to a large microwave-safe dish and stir. Microwave for 2 minutes.
- Place cheeses and the remaining ingredients in another large bowl and mix well.
- Add the cheese mixture to the bowl with the Brussels sprouts and combine.
- Microwave, covered, on HIGH for 4–6 minutes, or until the dip is hot and bubbly.
- Remove from the microwave and stir. Serve immediately with pita chips and veggies

Makes 16 Servings

Reference: https://PamperedChef.com