

Cool Cucumber Dip

INGREDIENTS

- ¼ cup Sliced almonds
- ¾ cup Fat-free sour cream
- ¼ Cucumber, peeled, seeded and coarsely chopped
- 2 Green onions, cut into ½ inch pieces
- 2 tsp Red wine vinegar
- 1 tsp Salt-free extra-spicy seasoning blend

DIRECTIONS

1. In a medium skillet, dry-roast the almonds over medium-heat for 3 to 4 minutes, or until golden brown, stirring occasionally.
2. Put 1 tablespoon almonds in a small bowl. Set aside to use as a garnish.
3. In a food processor or blender, process the remaining almonds for 3 to 5 seconds, or until coarsely crushed (1/4-inch irregular pieces). Transfer to a medium serving bowl.
4. Process the remaining ingredients until the desired consistency, 5 to 10 seconds if you prefer a chunky texture, 15 to 20 seconds for smooth. Stir into the crushed almonds.

NUTRITION ANALYSIS (per serving) Calories 47; Total Fat 2.0g, Saturated Fat 0g, Trans Fat 0g, Polyunsaturated Fat 0.5g, Monounsaturated Fat 1.0g; Cholesterol 4mg; Sodium 20mg; Carbohydrates 5g, Fiber 1g, Sugars 2g; Protein 2g. Dietary exchanges ½ carbohydrate

This recipe is brought to you by the American Heart Association's Go Red For Women movement. Recipe copyright © 2005 by the American Heart Association. Look for other delicious recipes in American Heart Association cookbooks, available from booksellers everywhere or online at americanheart.org/cookbooks.