



Spicy Cheese Fondue

This cheese fondue is deliciously spicy and is served in a bread bowl that can be eaten once the cheese is gone!

Ingredients:

1 (1 pound) loaf of round sourdough or French bread
8-ounce package shredded reduced-fat cheddar cheese
2/3 cup light cream cheese
1 1/2 cups fat free sour cream
1/2 cup chopped green onions
4 ounces canned diced green chile peppers
1 teaspoon Worcestershire sauce

Instructions:

Preheat oven to 350 degrees.

Make a bowl from the round loaf of bread by cutting a circle in the top of the bread. Hollow out the bread loaf by working with your hands to get at the bottom to create a bowl shape. Save the bread that you take out for dipping later.

In mixing bowl, beat the cheese, cream cheese, sour cream, green onions, chile peppers and Worcestershire sauce together on low speed. Spoon the mixture into the bread bowl and cover the filled bread bowl with a sheet of foil.

While baking, place bread bowl on a cookie sheet, bake until the cheese is melted and bubbly (about 1 hour).

Serve with the bread top all cut up into bite-size chunks.

Tip: Cut vegetables will also serve well to scoop up the fondue!

Nutritional Information: (Makes 16 appetizer servings)

Per serving:

168 calories
5 grams fat (2.9 grams saturated, 1 gram monounsaturated, 0.3 grams polyunsaturated)
20 grams carbohydrate
9 grams protein
1.1 grams fiber
324 mg sodium
12 mg cholesterol