

## Corn Chip Dip

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| 1 15 oz. can whole kernel corn, drained | 1 finely chopped jalapeno pepper             |
| ½ cup light salad dressing              | 1 8oz. package low fat grated cheddar cheese |
| ½ cup light sour cream                  | ½ teaspoon cumin                             |
| 1 cup chopped green chilies             | 1 package baked tortilla chips               |

Stir first seven ingredients together in a large bowl. Refrigerate for several hours.

Serve cold with baked chips.

Serves 6

130 calories per serving

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Junior-Nutritious Snacks