

Corn Chip Dip

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