

What's Cooking? Recipe

Green Chile & Goat Cheese Dip

Makes: 3 cups

Active Time: 20 minutes

Total Time: 40 minutes

INGREDIENTS

- 1 15-ounce container part-skim ricotta cheese, drained
- 8 ounces goat cheese, crumbled
- 2 4-ounce cans chopped green chiles
- 2 tablespoons sunflower seeds (toasted)
- 1/4-1/2 teaspoon ground chipotle pepper, or to taste

PREPARATION

1. Preheat oven to 350°F.
2. Coat a glass pie pan with cooking spray. Mash together ricotta and goat cheese in a medium bowl. Drain chiles in a colander or sieve, pressing to remove as much liquid as possible. Stir into the cheese mixture. Spread evenly in the prepared pan. Sprinkle with sunflower seeds and chipotle.
3. Bake until the dip is bubbling at the edges, about 30 minutes. Let cool for 5 minutes.

TIPS & NOTES

- **Sunflower Seeds:** Heat a little coconut oil on medium in a small skillet until it has coated the bottom of a pan smoothly. Remove from heat. Add sunflower seeds and coat them with the oil and return the skillet to the stovetop and heat at medium, stirring constantly, until light to medium brown.

NUTRITION Per 2-tablespoon serving: 53 calories; 3 g fat (2 g sat, 1 g mono); 10 mg cholesterol; 1 g carbohydrates; 0 g added sugars; 4 g protein; 0 g fiber; 78 mg sodium