

Cheesy Garlic Bread

1 1/2 cups fat-free mayonnaise
1 cup fat-free cheddar cheese, shredded
1 cup green onions with tops, thinly sliced
3 cloves garlic, minced
1 loaf French bread, halved lengthwise
1/3 cup parsley, minced, fresh

Preheat oven to 400°F. Mix mayonnaise, cheese, onions and garlic; spread on bread halves. Sprinkle with parsley. Wrap each half in foil. Refrigerate for 1-2 hours or freeze. Unwrap and place on a baking sheet. Bake for 8-10 minutes (20-25 minutes if frozen) or until puffed but not brown. Cut into slices and serve.
Makes 15 servings

Nutrition information per serving: calories 83; protein 3 grams; fat 1 gram; sodium 364 mg