

Herbed Cream Cheese

8 oz. pkg. fat-free cream cheese
2 tbsp. Mrs. Dash® Seasonings, any flavor

Cut cream cheese into 4 equal pieces. Place Mrs. Dash on a small plate. Roll each piece of cream cheese in Mrs. Dash until evenly coated. Serve with crackers.

For variety:

Roll each piece of cream cheese in 1 1/2 tsp. of different Mrs. Dash flavor — Original, Garlic & Herb, Onion & Herb, and Extra Spicy. Makes 8 servings.

Nutrition information per serving: calories 30; protein 1 gram; fat 0 grams; sodium 0 mg