

## **CHEESE BALL**

8 oz fat free cream cheese  
3 green onions chopped  
1/2 cup cheddar cheese, 2% milk, shredded  
1 cup cubed lean ham

Mix ingredients together. Form into ball. Refrigerate. Serve with crackers or fresh cut vegetables. Makes 8 servings.

Nutrition information per serving: 86 calories; 13 grams protein; 3 grams fat; 3 grams carbohydrate; 516 mg sodium.