

## **Southwestern Chicken Dip**

Serve with baked tortilla chips

3 cooked, boneless chicken breast halves, shredded or 30 oz canned chicken, drained

2 - 8 ounce packages light cream cheese, softened

4 green onions, chopped

1 - 10 ounce can diced tomatoes with green chile peppers with juice

1 teaspoon minced garlic

1 teaspoon chopped cilantro

1 tablespoon chili powder

3/4 teaspoon cumin

1 teaspoon dried oregano

1 teaspoon paprika

In a bowl, mix the shredded chicken, light cream cheese, green onions, diced tomatoes with green chili peppers, garlic, and cilantro. Season with chili powder, cumin, oregano, and paprika. Put in serving dish, cover, and chill at least 2 hours. Makes 16 servings.

Nutrition information per serving: 96 calories, 8 grams protein, 5 grams fat, 3 grams carbohydrate.