Ricotta-Olive Dip
Makes about 8 servings

Ingredients:

1 cup large olive, with pimiento
1 cup part-skim ricotta cheese
4 ounces low-fat cream cheese, softened
1 garlic clove, minced (about 1 teaspoon)
Assorted cut vegetables

Directions:

1. Place all ingredients in a food processor. Pulse until cheese and olives are smooth. Refrigerate 2 hours.

2. Serve with assorted cut vegetables.

Nutritional Information per ¼ cup serving:
Calories: 105  Carbohydrates: 12g
Total Fat: 4g  Cholesterol: 89mg
Saturated Fat: 1g  Dietary Fiber: 1g
Sodium: 267mg  Protein: 12g