

Tuscan Party Dip

Courtesy of Carole's Creations

Prep Time: 10 minutes

Cooking Time:

Makes: 1-1/2 cups

CChints: Kalamata olives are used a lot in Italian dishes. You can buy them with or without seeds. If you want to save a little money, you can buy them with the seeds but seeding them is a lot of work. Buy seedless and save the time.

Serve with your favorite party crackers or sliced vegetables, like carrots, zucchini, red bell peppers, broccoli or celery.

8 ounces reduced-fat cream cheese, softened
2 tablespoons reduced-fat sour cream
1/2 cup sun-dried tomatoes, drained and
 reserve 2 tablespoons oil
1/2 cup kalamata olives, seeded and chopped
1/4 cup red onion, minced
2 green onions, green parts slice thin

Blend together the cream cheese and sour cream in a mixing bowl. Finely chop the tomatoes and add them and 2 tablespoons oil to the dip. Stir in the rest of the ingredients and blend well. Cover the bowl and refrigerate for at least one hour to allow the flavors to blend.