



Festive Butternut Squash Dip

Serves 24

1 (8oz.) pkg. reduced-fat cream cheese, softened
¾ cup cooked butternut squash

2 Tbsp. taco seasoning mix

⅓ cup chopped dried beef

⅓ cup chopped green bell pepper

⅓ cup chopped red bell pepper

In a mixing bowl, beat cream cheese, until smooth. Slowly beat in squash and taco seasoning until thoroughly blended. Stir in beef and peppers. Cover and refrigerate until served.

**To cook squash: cut in half, lengthwise then using a strong spoon, scoop out seeds. To bake: add about a cup of water to 13x9 inch baking dish; place squash in dish, cut-side down. Cover. Bake at 425 degrees for 40 min or until tender. To microwave: place squash, cut-side down, on a microwave safe plate. Microwave 10 minutes or until soft. Scoop out the cooked squash and mash.*

Per 2-tablespoons: 35 calories, 2 g fat, 2 g protein, 3 g carbohydrates, <1 g fiber, 120 mg sodium