



### 4 Ingredient Creamy Fiesta Cheese Dip

#### Ingredients

- 16 oz plain nonfat Greek yogurt (can use full fat if you prefer)
- 1 10 oz can rotel diced tomato & green Chile
- 1 packet fiesta ranch seasoning
- 7 oz reduced fat Mexican blend or cheddar cheese

#### Directions

1. Combine all ingredients in a bowl
2. Chill or heat and enjoy with diced celery, peppers, carrots or a serving of chips!

**Makes approximately 6 servings**

**Macros per serving 113 calories 4 fat 7 carb 13 protein**

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### Lightened Broccoli salad side dish

#### Ingredients

- 1 medium head broccoli chopped into pieces (or buy a large bag already washed and chop to save time)
- 1/4 cup diced red onion
- 1/4 cup raisins
- 1/2 cup plain Greek yogurt
- 1.5 tablespoons white wine vinegar
- 1 tablespoon sugar or sugar substitute
- 4 slices crispy bacon crumbled

#### Directions

1. In large mixing bowl stir together greek yogurt, sugar and white white vinegar
2. Next add broccoli, raisins, onions and bacon.
3. Stir and combine everything and let cool in fridge, covered for 1 hour before serving!

**Makes approximately 6 servings**

**Per serving 131 calories 7 fat 5 protein 12 carbs**