



Hamburger Dip

Just four simple ingredients create this hearty and satisfying meaty dip in mere minutes, ideal for football season and last-minute company. Serve with chips.

Makes 20 (1/4-cup) servings

- 1 pound ground sirloin
- 1/2 pound sliced mushrooms
- 1 (16-ounce) jar salsa
- 1 (8-ounce) package shredded, reduced-fat, Monterey Jack or Mexican-blend cheese

1. In nonstick pot, cook meat, mushrooms over medium heat 5–7 minutes, until meat is well browned. Drain any excess fat.
2. Add salsa, cheese, stirring over medium heat until cheese is melted.

Nutritional information per serving:

Calories 82, Calories from fat (%) 48, Fat (g) 4, Saturated Fat (g) 2, Cholesterol (mg) 19, Sodium (mg) 175, Carbohydrate (g) 2, Dietary Fiber (g) 0, Sugars (g) 1, Protein (g) 8, Diabetic Exchanges: 1 lean meat