



## Herbed Cheese Spread

8 oz. fat-free sour cream  
4 oz. shredded reduced-fat Cheddar cheese  
1 scallion, minces  
2 T. chopped parsley  
1/2 tsp dried thyme  
1/2 tsp dried rosemary, crushed  
1/2 tsp. ground black pepper  
In a medium bowl, combine all ingredients.

Cover and refrigerate up to 4 days

Makes 2 c.

2 Tablespoons per serving

32 calories

3 g protein

2 g. carbs

2 g. fat

5 mg cholesterol

45 mg sodium

0 g fiber