

Quick and Easy Salsa Queso

Queso is the Spanish word for cheese. This quick and easy appetizer is not only tasty; it has just the right amount of spice. It's important to use fresh cilantro because dried cilantro takes approximately two hours for the oils in the dried leaves to flavor the queso dip.

Serves: 8

Serving size: ¼ cup

2 cups mild salsa

½ cup shredded Monterey jack cheese

2 tbsp chopped fresh cilantro

1 tsp fresh minced garlic

Directions

1. Place all ingredients into a medium microwave safe bowl and cover with plastic wrap.
2. Microwave for 45 seconds, stir and microwave an additional 45 seconds.
3. If cheese has not melted and additional 45 seconds maybe needed.
4. When cheese has melted, serve immediately.
5. Serve with raw cut vegetables.

Note: This can also be served over baked potato or cooked vegetables as a cheese sauce.

Per serving: 50 calories, 4g protein, 3g fat (saturated 2g), 10mg cholesterol, 4g carbohydrate, 2g fiber, 2g sugar, 490mg sodium

% Daily Values: Vitamin A 10%, Vitamin C 15%, Calcium 6%, Iron 0%

