



Jalapeno Popper Dip

SERVING: 1 / 6 RECIPE
YIELD: 6

PREP TIME: 10 MINS
TOTAL TIME: 30 MINS

Ingredients

- 1 pkg (12oz) Riced Cauliflower, cooked
- 1 cup Non-Fat Plain Greek Yogurt
- 1 pkg (8oz) Neufchatel Cheese (1/3 less fat cream cheese)
- 1/2 cup Shredded Reduced Fat Mozzarella Cheese
- 3 tbsp. Grated Parmesan Cheese
- 1 tbsp. Minced Garlic
- 1 tsp. Onion Powder
- 1/4 tsp. Salt
- 1/4 tsp. Black Pepper
- 1 can (4oz) Diced Jalapeños

Topping

- 2 tbsp. Panko Breadcrumbs
- 2 tbsp. Grated Parmesan Cheese

Directions

1. Preheat oven to 375 degrees. Spray an 8” X 8” baking dish with nonstick spray.
2. Place cauliflower in microwave and cook 4-5 minutes.
3. Transfer to a blender or food processor. Add yogurt, cream cheese, mozzarella, Parm, garlic, and seasonings. Blend until smooth and uniform.
4. Stir in jalapeños, and spread into the baking dish. Sprinkle with topping ingredients.
5. Bake until dip is bubbling and topping has browned, about 20 minutes. Serve immediately, or cool and refrigerate for later.

Nutrition Facts	
6 servings per container	
Serving size	(0.0g)
Amount Per Serving	
Calories	150
% Daily Value*	
Total Fat 10g	13%
Saturated Fat 6g	30%
Trans Fat 0g	
Cholesterol 35mg	12%
Sodium 230mg	10%
Total Carbohydrate 6g	2%
Dietary Fiber 2g	7%
Total Sugars 3g	
Includes 0g Added Sugars	0%
Protein 11g	
Vitamin D 0mcg	0%
Calcium 130mg	10%
Iron 0mg	0%
Potassium 130mg	2%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

*Cost information includes lower cost ingredients found at local grocery store 05/31/23.



Cost Per Recipe	Cost Per Serving
\$6.21	\$1.04

Easy Ways to... Understand Signs of Hunger and Fullness



Do...

- ✓ Eat at a table.
- ✓ Start with small servings.
- ✓ Chew slowly. It takes 20 minutes to know that you are full.
- ✓ Pay attention to how you feel and try to stop eating before you feel full.
- ✓ Enjoy your meals!

Don't...

- ✗ Eat standing up.
- ✗ Overfill your plate.
- ✗ Eat too fast.
- ✗ Skip meals. This makes you more likely to overeat at the next meal.
- ✗ Eat in front of a screen.

For healthy eating tips, like Eat Healthy, Be Active NYC on Facebook at [facebook.com/eatinghealthynyc](https://www.facebook.com/eatinghealthynyc).

For more information about Stellar Farmers Markets, visit [nyc.gov](https://www.nyc.gov) and search for **farmers markets**.

For healthy recipes, visit jsyfruitveggies.org.

This material was funded by United States Department of Agriculture's (USDA) Supplemental Assistance Program (SNAP). SNAP, formerly known as the Food Stamp Program (FSP) in New York, provides nutrition assistance to people with low incomes. It can help you buy nutritious foods for a better diet. To find out more, contact 800-342-3009 or go to myBenefits.ny.gov. USDA is an equal opportunity provider and employer. In accordance with Federal law and USDA policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, religion, political beliefs or disability. To file a complaint of discrimination, write USDA, Director of Civil Rights, Room 326-W, Whitten Building, 1400 Independence Avenue, SW, Washington, D.C. 20250 or call 202-720-5964 (voice and TDD).



Just Say Yes to Fruits and Vegetables