

# A Great Holiday Appetizer, Lightened Up!



## **Cheese Ball**

*Serves: 16 | Serving Size: 1/4 cup*

### *Ingredients:*

1 pound fat-free cream cheese  
8 ounces light cream cheese  
2 ounces reduced-fat cheddar cheese, shredded  
1 teaspoon Worcestershire sauce  
2 tablespoons grated onion  
1 garlic clove, minced  
1/2 cup chopped fresh parsley

### *Directions:*

Using a hand blender, cream the cream cheese and cheddar cheese together until smooth. Add the Worcestershire sauce, onion, and garlic, then refrigerated until firm.

Form the cheese mixture into a ball and roll it in chopped parsley. Cover and refrigerate until ready to serve, up to 2 days.

### *Nutrition Information:*

Serves 16. Each serving contains 134 calories, 12 g fat, 5 g saturated fat, 0 g trans fat, 39 mg cholesterol, 241 mg sodium, 1 g carbohydrate, 0 g dietary fiber, 2 g sugar, and 4 g protein.

Each serving also has 12% DV vitamin A, 4% DV vitamin C, 5% DV calcium, and 5% DV iron.

### *Chef's Tips:*

This is a cheese ball that's lighter in fat and calories, but just as flavorful and easy to spread as a regular version.

Serve with whole wheat low-fat crackers and fresh vegetable sticks.

For a different flavor profile, use a dried Italian herb seasoning in place of the chopped parsley.

**BROUGHT TO YOU BY:**