



## LOW FAT APPETIZER

### Ham & Green Onion Cheese Ball

10½ oz. Cream Cheese, low fat, softened  
1 tbsp. Green Onion, chopped fine  
5 tbsp. Ham, chopped fine  
¼ tsp. Franks Original Red Hot Sauce  
4 oz. Almonds, sliced  
2 tsps. Hidden Valley Ranch Dressing Dry Mix

METHOD OF PREPARATION:

1. Whip the softened cream cheese. Add the diced green onions, diced ham, the hot sauce and two teaspoons of dry ranch dressing mix. Continue mixing until well blended.
2. Form mixture into a oblong pinecone shaped ball and place on a serving plate. Insert sliced almonds at a downward angle to look like a pinecone.

Optional: Cheese ball may be rolled in chopped pecans instead of using almonds.

Serve with assorted crackers.

SERVES: 16—1 ounce portions

NUTRITION: 75 Calories, 6 g Fat, 3 g Saturated Fat, 0 g Trans Fat, 10 mg Cholesterol, 270 mg Sodium, 3 g Carbohydrate, 0 g Dietary Fiber, 3 g Protein

WEIGHT WATCHER SMARTPOINTS= 3

ALLERGENS: Milk, Tree Nut, Peanut, Soybeans, MSG