

Hot Pepper Dip

1 teaspoon Super Chile Pepper Sauce
2 (8 oz) containers low-fat plain yogurt or
or sour cream
½ cup Super Chile Salsa

2 tablespoons cilantro, chopped
¼ cup cheddar cheese, shredded
Cut vegetables and chips

Combine all ingredients in medium bowl. Mix until well blended. Refrigerate.
Makes 5 servings

G & M FARMS