



CUCUMBER DILL BITES

	Ingredients	Exchanges
Protein	19.6 gm cream cheese, softened	1 (-6 gm)
Fat	10.3 gm butter, softened	3.25 (-6 gm)
Carbohydrate	23.3 gm cucumber, with peel	1
Other	salt, pepper, and dried dill	

Recipe developed by Chef Paige Vondran

DIRECTIONS

- Thinly slice cucumber on a cutting board; set aside.
- Allow cream cheese to soften at room temperature until soft or microwave for a few seconds.
- In a small bowl, combine the softened cream cheese and butter.
- Stir until smooth.
- Season to taste with salt, pepper, and dried dill.
- Scoop creamy mixture over top of the cucumber slices, or pipe the mixture using a piping bag.
- Serve chilled.

VARIATIONS

- Other vegetables can be used such as thinly sliced raw carrot or celery sticks.
- This recipe can be adjusted as needed to any individual meal plan.
- Plain yogurt can be used in place of cream cheese.
- Smart Balance® can be used in place of butter.
- Other dry seasonings can be used such as dried basil, paprika, or onion powder.
- The cream cheese and butter mixture can be frozen, but the cucumbers should not (they will become soggy).