



CHEESY DIP

	Ingredients	Exchanges
Protein	8.6g whole milk, low moisture mozzarella cheese	1 (-1g fat)
Fat	29g mayonnaise	6 (-1.0g)
Other	pinch of salt	

Recipe developed by Chef Paige Vondran

DIRECTIONS

- Weigh the ingredients using a gram scale.
- In a nonstick pan, combine the mozzarella cheese and mayonnaise.
- Season to taste with a pinch of salt.
- Using a rubber spatula, stir the ingredients together over a medium heat.
- Continue to stir until cheese is melted and well combined with the mayonnaise.
- Serve hot.

VARIATIONS

- Other cheeses such as American and cheddar will also work well in this recipe.
- It is not recommended to substitute the fat for butter or oil because the cheese will not emulsify.