

# SOUTHWEST KALE 'N QUESO DIP



Prep Time: 15 min Total Time: 25 min  
Makes 3 cups dip or 24 servings, 2 Tbsp. dip  
and 16 WHEAT THINS each.

## WHAT YOU NEED

4 cups shredded kale  
2 Tbsp. (about 1/2 of 1-oz. pkg.)  
reduced-sodium taco seasoning mix  
2 pkg. (8 oz. each) Neufchatel cheese, cubed  
1 cup black bean and corn salsa  
1/2 cup shredded reduced-fat mozzarella  
cheese  
4 oz. reduced-fat pepper Jack cheese,  
shredded, divided  
1 Tbsp. chopped fresh cilantro  
WHEAT THINS Original Snacks

## MAKE IT

**Heat** oven to 400°F.

**Cook** kale in large ovenproof skillet sprayed with cooking spray on medium-high heat 1 to 2 min. or just until wilted, stirring frequently. Add taco seasoning mix; cook and stir 2 min.

**Add** Neufchatel cheese, salsa, mozzarella and 1/2 cup pepper Jack cheese; stir. Cook on medium heat 4 to 5 min. or until cheeses are completely melted and mixture is well blended, stirring frequently. Remove from heat. Sprinkle with remaining pepper Jack cheese.

**Bake** 8 to 10 min. or until cheese is melted and dip is heated through.

**Sprinkle** with cilantro.

**Serve** with WHEAT THINS.

## TIPS

### Note

If you don't have an ovenproof skillet, you can use a regular skillet instead. Just wrap the skillet handle with several layers of foil before using as directed. Or, you can use a cast-iron skillet.

### Substitute

Substitute fresh spinach for the kale.

### How to Shred the Kale

Kale can be purchased pre-shredded. Or, you can instead buy whole kale leaves and shred them yourself. Wash the kale, then remove and discard the tough center stems. Stack a few leaves together, roll up and cut crosswise into thin shreds. Repeat as needed to get the 4 cups shredded kale needed to prepare this cheesy dip.

### Variation

Serve with WHEAT THINS Big Snacks. Makes 24 servings, 2 Tbsp. dip and 11 WHEAT THINS Big Snacks each.

**Nutrition Information Per Serving:** 250 calories, 12g total fat, 4g saturated fat, 20mg cholesterol, 410mg sodium, 29g carbohydrate, 3g dietary fiber, 5g sugars, 7g protein