

Chile Con Queso

This mildly spiced combination of chiles, tomatoes, and cheese can be served with baked or low-fat tortilla or nacho chips, or Italian Pita Crisps. Or spoon it over baked potatoes, chick-peas, or kidney beans.

½ cup chopped onion
1 large clove garlic, minced
One 4 ounce can chopped green chiles, drained
1 cup canned diced tomatoes, drained
1/8 teaspoon salt
1 ½ cups (about 6 ounces) shredded reduced-fat Monterey Jack cheese, Cheddar cheese, or a combination

DIETARY EXCHANGES:

1 Lean Meat

NUTRIENTS PER SERVING:

Cal.: 60	Cal. from Fat: 24
Total Fat: 3 g	Sat. Fat: 2 g
Carb.: 3 g	Protein: 6 g
Chol.: 10 mg	Sodium: 218 mg
Fiber: 1 g	

1. Spray a 2 quart saucepan with nonstick pan spray. Saute the onion and garlic until soft, about 3 to 4 minutes.
2. Stir in the chiles, tomatoes, and salt; simmer 10 minutes. Add the cheese, stirring until it is just melted. Serve warm.

1 cup (8 servings)

Source: The New Family Cookbook for People with Diabetes

