

Tex Mex Melts

Makes 3 dozen or 18 servings,
2 topped crackers each

Prep: 5 minutes

Total: 1 hour, 5 minutes, 15 seconds
(Including refrigerating)

1
large tomato, chopped
(About 1 cup)
1 small onion, chopped
(About 1/2 cup)
2 tablespoons chopped fresh
cilantro
1 tablespoon finely chopped seeded
jalapeno peppers
1 tablespoon lime juice
1/4 cup KRAFT 2% Milk
Shredded Reduced Fat Four Cheese
Mexican Style Cheese
36 TRISCUIT Crackers

NUTRIENTS PER SERVINGS:

Calories:	50
Total Fat:	1.5g
Saturated Fat:	0g
Cholesterol	0mg
Sodium:	60mg
Carbohydrate:	8g
Dietary Fiber:	1g
Sugars:	<1g
Protein:	1g
Vitamin A:	2% DV
Vitamin C:	4% DV
Calcium:	2% DV
Iron:	2% DV

Exchange:
1/2 Starch

1. **COMBINE** tomatoes, onions, cilantro, peppers, and lime juice; cover.
Refrigerate at least one hour.
2. **TOP** each cracker with teaspoons of the tomato mixture; sprinkle with one
teaspoon cheese. Place six of the topped crackers on microwave plate.
3. **MICROWAVE** on HIGH 15 Seconds or until cheese begins to melt.
Repeat with the remaining topped crackers.

Kraft Kitchens

Quick Tips:

For a milder spread, prepare as directed omitting the
jalapeno peppers and increasing the cilantro to 3
tablespoons.