

The Pampered Chef®
Hot Broccoli Dip
Recipe

350 g (12 oz) broccoli florets, chopped
1 small onion, chopped
1 red pepper, seeded and chopped
55 g (2 oz) fresh Parmesan cheese, finely grated, divided
2 cloves garlic, pressed
225 g (8 oz) cheddar cheese, grated
8 tablespoons half-fat crème fraîche or soured cream
8 tablespoons reduced-calorie mayonnaise
Freshly ground black pepper, to taste
Tortilla Chips or Pitta Bread to serve.

1. Preheat oven to 190°C/fan 170°F/Gas 5. Chop broccoli, onion and red pepper using **Food Chopper**; place in **Classic Batter Bowl**. Finely grate Parmesan cheese using **Deluxe Cheese Grater**; using **Adjustable Measuring Spoons**, measure 4 tablespoons grated Parmesan and add to vegetable mixture (reserve remaining Parmesan for topping). Press garlic using **Garlic Press** into bowl. Add remaining ingredients; mix well using **Small Mix 'N Scraper®**.
2. Spoon mixture into **Deep Dish Baker**. Bake about 25 minutes or until heated through. Sprinkle remaining Parmesan cheese over top and surround with *Stoneware-Baked Pitta Crisps* for serving, if desired.

Yield: Serves 16-20

Per serving: Energy 108kcal; Protein 5g; Carbohydrate 2g; Fat 9g; Saturated Fat 4g; Fibre 1g; Salt 0.5g

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